

# MUSCLE & FITNESS

CHANGE YOUR BODY IN  
**60 DAYS!**

GET A SIX-PACK!

**AB &  
CORE  
CRUSHER**

P.66

**THE  
PERFECT  
TRICEPS  
ROUTINE**

**GET YOUR  
PUMP ON!**  
With This Unique  
New Workout

**517**  
**BODY-  
SCULPTING  
RULES  
INSIDE!**

MAGIC  
MIKE XXL  
STAR... **JOE  
MANGANIELLO**

HIS LEAN-MASS  
CONDITIONING  
PROGRAM  
INSIDE!

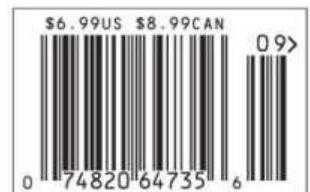
P.26

**BOOST  
YOUR  
TEST  
NOW**  
P.143

**9**

**RECIPES  
FOR LEAN  
MUSCLE**

SEPTEMBER 2015  
Display until September 28, 2015



muscleandfitness.com

CREAMY VANILLA

ISOPURE  
PROTEIN POWDER

ZERO CARB ——— ART. FLAV. & SWEETENED

100% WHEY PROTEIN ISOLATE, 100% CRYSTALLINE SUGAR, 100% CRYSTALLINE SUGAR, 100% CRYSTALLINE SUGAR

PLEASE USE THIS PRODUCT AS A SUPPLEMENT  
DO NOT USE FOR WEIGHT LOSS



NATURE'S BEST™

NATURALLY & ARTIFICIALLY FLAVORED  
ALPINE PUNCH

ISOPURE  
AMINO SUPPLEMENT

AMINOS

BCAAS, TART CHERRY EXTRACT & L-THEANINE FOR HEAD TO TOE™ RECOVERY\*

NET WT. 10.05 OZ (285g)

STRAWBERRIES & CREAM

ISOPURE  
PROTEIN POWDER

ZERO CARB ——— ART. FLAV. & SWEETENED

100% WHEY PROTEIN ISOLATE, 100% CRYSTALLINE SUGAR, 100% CRYSTALLINE SUGAR

PLEASE USE THIS PRODUCT AS A SUPPLEMENT  
DO NOT USE FOR WEIGHT LOSS

# NOT ALL AMINO ACIDS ARE CREATED EQUAL

OUR FORMULAS ARE ALWAYS AT THE FOREFRONT. SO NOW, WE'RE BRINGING YOU THE FIRST-EVER AMINO FROM ISOPURE: THE ONLY ONE FOR HEAD TO TOE RECOVERY™. A PROPRIETARY COMBO OF BCAAS, TART CHERRY EXTRACT AND L-THEANINE THAT FUELS IT ALL—MIND, AS WELL AS MUSCLE.

CHECK OUT THE NEW MIX AT [WWW.THEISOPURECOMPANY.COM](http://WWW.THEISOPURECOMPANY.COM)

**ISOPURE**  
WE'RE ALL MORE THAN MUSCLE

**700MG**  
TART CHERRY

**5G**  
BCAA'S

**100MG**  
L-THEANINE

**NEW!**  
**ADVANCED FORMULA**

# WHEN YOU'RE GIVING UP SOMEONE IS STILL GOING

PUMP HD™ is a pre-training formula designed to intensify and enhance the quality of your workouts.

This advanced formula provides your muscles with hydration allowing you to feel that pump and train for longer.

The natural, long lasting energy provided in PUMP HD™ gets you to power through even the most difficult of workouts while maintaining laser focus throughout the duration of your training.\*†

## GO HARDER WITH **PUMP HD™**

AVAILABLE AT:

**GNC**  
LIVE WELL

**B**  
BODYBUILDING.COM

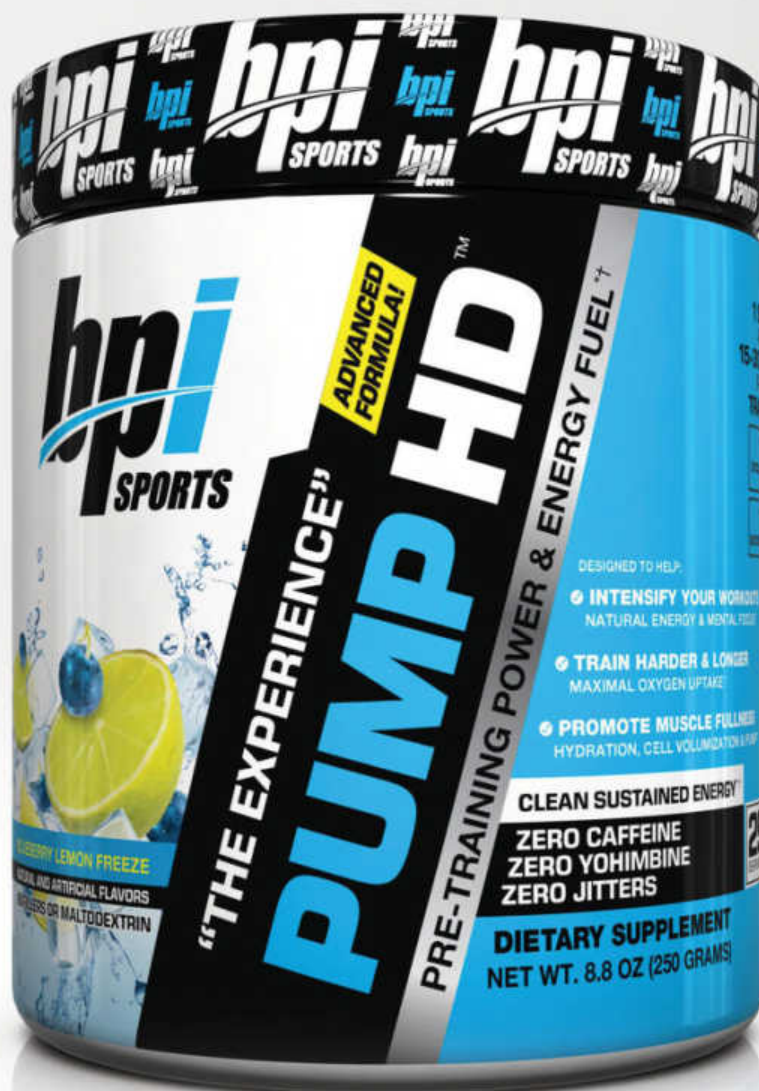
**V** theVitamin  
Shoppe

**Lucky Vitamin**  
The Natural Way to Build Your Muscles and Stamina

\*THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THESE PRODUCTS ARE NOT INTENDED TO DIAGNOSE, TREAT, CURE OR PREVENT ANY DISEASE.

† When combined with a proper exercise and nutrition regimen. Statements based on early-stage independent 3rd party in vivo and / or in vitro model scientific research data findings for individual ingredients.





SMOOTH, NATURAL ENERGY  
& MENTAL FOCUS\*\*  
**ZERO CAFFEINE**  
**ZERO YOHIMBINE**

**“THE EXPERIENCE”**

**BE BETTER. BE STRONGER. BPI.**

BPISPORTS.COM

# THE EMERGENCE OF A DOMINANT MUSCLE BUILDER

## SHOCKING MUSCLE GROWTH RESEARCH IS WITHIN REACH

Groundbreaking new science has revealed that mTOR-p70<sup>S6K</sup> molecules located within muscle cells are the primary trigger for extreme muscle growth. Increase these and you increase muscle size and strength. Three specific branched chain amino acids (BCAAs) were identified to activate dramatic increases levels of these mTOR-p70<sup>S6K</sup> molecules. Gold-Standard, peer-reviewed, human-subject research demonstrated that a precise mixture and dosage of 45% L-Leucine, 30% L-Valine and 25% L-Isoleucine (BCAAs) at 8,180 mg (8.2 g) caused a 350% (3.5 times) increase in mTOR-p70<sup>S6K</sup> molecules.

## IS ORAL SUPPLEMENTATION EFFECTIVE?

The first question any skeptical supplement buyer should always ask is, "That's great in a lab, but if I take it, will it work?" The answer is definitively, yes! Oral liquid supplementation of 8.18 g of 45:30:25 ratio BCAAs boosted BCAA concentration in the blood and in muscle cells and activated the mTOR-p70<sup>S6K</sup> classic anabolic signal. This confirms that drinking your BCAAs (as in AMINOCORE) in a soluble liquid form replicates the research! You can literally implement this groundbreaking technology TODAY!

## A MUSCLE CELL SAVED IS A MUSCLE CELL EARNED

The mechanism behind AMINOCORE's ability to prevent catabolic muscle loss has been discovered. Molecules called MAFbx and MuRF-1 increase

dramatically during training. They lock on to muscle cells and act like a shredder, literally destroying muscle tissue. AMINOCORE to the rescue. The gene chip analysis showed a dramatic decline in the number of MAFbx & MuRF-1 with 8.18 g BCAAs. This is the number one reason that many people who hit the gym cannot gain or hang on to significant muscle size (a MAJOR factor preventing the addition of significant muscle to your frame).

## INTELLIGENT DIETING SUPPORT

Caloric restriction, limiting carbs, increased cardio intensity; all essential for effective dieting, and all rapid ways to breakdown and flush away muscle. The muscle tissue breakdown that takes place when you're dieting reduces your metabolism and your ability to burn calories. Taking AMINOCORE feeds your muscles directly even while dieting and dramatically limits muscle deterioration. The net effect; you retain muscle, melt fat and maintain a higher metabolism. AMINOCORE the dieting secret you've been looking for.

## THE BEST MIXABILITY, DELIVERY & ABSORPTION

AMINOCORE has Myotrisol™; a cutting-edge solubility technology to BCAA dosage administration. Until now, delivery of a 100% pure 45:30:25 ratio BCAA powder in a potent research directed level (8,180 mg), ideal for ANABOLIC activity, was next to impossible. Aside



from being the purest Pharmaceutical-Grade BCAAs, our Myotrisol™ process FLASH-FREEZE-DRIES our 45:30:25 BCAA powder to create a truly soluble and easily-mixed BCAA drink that absorbs in a truly liquid form.

## ALL BCAAs ARE NOT CREATED EQUAL!

When you're comparing one BCAA to the other, look closely at the formula – does it include glutamine passed off as real BCAAs? AMINOCORE has a completely transparent label protocol. We show you precise BCAA amounts. Glutamine has its place, but it is not a Branched Chain Amino Acid (BCAA). AMINOCORE includes 8,180 mg of real BCAAs not glutamine. AMINOCORE is 100% PURE, FERMENTATION-DERIVED, PHARMACEUTICAL-GRADE, 45:30:25 ratio BCAAs. With added Ketosocaproic acid (KIC) to further enhance the buffering of lactic acid (muscle toxin) and increase the levels of L-Leucine at the site of muscle. AMINOCORE contains additional highly bioavailable B-Vitamins not only enhance the anabolic environment, they help to release additional metabolic energy.

## AMINOCORE comes in 4 Flavors and Unflavored!

### Available in two sizes:

462 g (44 servings) and 1166 g (111 servings). Take 1 scoop with cold water every workout.



**ALLMAX®**  
PROFESSIONAL GRADE SUPPLEMENTS



These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.



# AMINOCORE™



TEAM ALLMAX  
CHASE SAVOIE  
IFBB PHYSIQUE PRO

INSTACLEAR™  
SOLUBLE BCAA TECHNOLOGY

TRULY  
CLEAR  
AMINOS

8g  
BCAAs

0g  
SUGAR

0g  
CARBS

CHOICE OF  
CHAMPIONS  
★★★★★

INDEPENDENT 3<sup>RD</sup> PARTY TESTED  
TESTED FREE FROM  
BANNED SUBSTANCES

INFORMED-  
CHOICE  
Trusted by sport

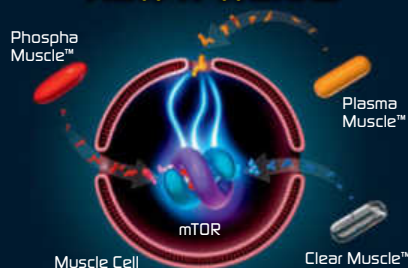
[www.ALLMAXNUTRITION.com](http://www.ALLMAXNUTRITION.com)





SUPERIOR SCIENCE. SUPERIOR RESULTS.

## HOW IT WORKS



The groundbreaking compounds in Clear Muscle™, Phospha Muscle™ and Plasma Muscle™ all work on separate musclebuilding mechanisms of the mTOR enzyme – the body's primary regulator of muscle growth – to activate protein synthesis and put your body into a prime anabolic state.

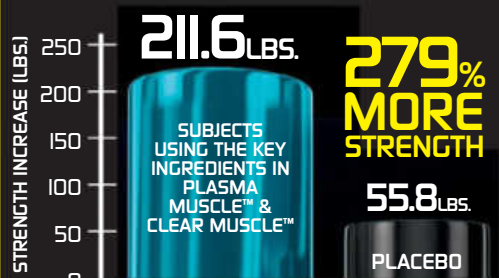
PUBLISHED IN  
PEER-REVIEWED  
JOURNALS



## STACK THEM FOR THE BEST MUSCLEBUILDING RESULTS!



In clinical research, test subjects gained 18.7 lbs. of pure lean muscle in just 12 weeks when combining a core ingredient in Plasma Muscle™ with the core ingredient in Clear Muscle™, while the placebo group gained only 4.6 lbs.



Test subjects in clinical university research who supplemented with a core ingredient in Plasma Muscle™ and Clear Muscle™ added 211.6 lbs. to their combined bench press, squat and deadlift total in just 12 weeks.

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# BODYBUILDING'S MOST CLINICALLY VALIDATED AND **100%** EXCLUSIVE TRILOGY

**NEW**

## RESEARCH-BACKED FROM THE UNIVERSITY OF TAMPA

MuscleTech® researchers have engineered the world's most powerful musclebuilding trilogy. Unlike most musclebuilders, the Musclebuilding Trilogy provides core ingredients that are backed by gold-standard, third party-validated human clinical research from leading universities.

Clear Muscle™, Phospha Muscle™ and Plasma Muscle™ act on multiple musclebuilding pathways to trigger muscle growth, inhibit muscle breakdown, enhance strength and amplify muscle performance. It's the most complete, powerful, scientifically developed stack ever formulated.

- Take them separately or stack them for unprecedented gains in muscle size
- Delivers extreme anabolic & anti-catabolic effects
- The only musclebuilding pills with Mediator® PA, BetaTOR®, Peak ATP® and optiNOs®
- Clinically dosed based on research conducted at the University of Tampa
- Studies published in multiple peer-reviewed journals
- Protected by 6 patents and pending patents
- Fully disclosed formulas – no proprietary blends



### PHOSPHA MUSCLE™

Clinically dosed with Mediator® PA – the world's purest form of phosphatidic acid, which helped study subjects build 5.3 lbs. of lean muscle and boost 1-rep max leg press strength by 60% in 8 weeks.

### CLEAR MUSCLE™

Delivers patented BetaTOR® – an exclusive metabolite and free-acid derivative of leucine and HMB, which was shown in university research to help study subjects pack on 16.3 lbs. of lean muscle in 12 weeks.

### PLASMA MUSCLE™

Features an exclusive combination of patented Peak ATP® and optiNOs®, Peak ATP® helped study subjects gain 8.8 lbs. of lean muscle in 12 weeks while boosting strength by 147%, and the premium ingredients in optiNOs® helped subjects boost strength and crank out 4 times more reps than the control group.

[MUSCLETECH.COM](http://MUSCLETECH.COM)

**GNC**  
LIVE WELL

**B** BODYBUILDING.COM

**V** theVitamin Shoppe

**MS**  
MUSCLE SHOPS

**-EQUIP-**

**LONE STAR**  
POWER & NUTRITION

**MUSCLE FOODS USA**  
WORLD'S POWER 100

Discover how it works at:  
[MusclebuildingTrilogy.com](http://MusclebuildingTrilogy.com)

# TRUE STRENGTH



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LIVE WELL

theVitamin  
Shopper

BODY  
BUILDING.com

amazon.com

TRUE STRENGTH  
WWW.OPTIMUMNUTRITION.COM

ON

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# RAISES THE BAR



You've seen great gains. But there comes a time when every passionate pusher of plates has to decide how far their training can take them. For those who can't accept good enough, who always want to be raising the bar, there's ON's Platinum Series. These uncompromising sports nutrition products represent our most advanced formulas for pre-workout preparation and round the clock recovery. Whether you're working at redefining your physique or retooling athletic performance, let ON's Platinum Series spot those efforts.

These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.



MATT CHRISTIANER

APS ATHLETE  
IFBB PHYSIQUE PRO



**\$25,000**

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01

### Phenadrine®

Take one capsule 30 minute in the morning or before a workout, and take 1 capsule in the afternoon.

02

### Mesomorph™

40 minutes prior to workout mix one scoop of Mesomorph with 8-10 oz of water.

03

### Isomorph™ 28

Add 1 level scoop to 8-10 ounces of milk, water, juice or your favorite beverage post workout.



**THE APS LEAN STACK. GET SHREDDED.**

CHECK OUT RAFIQUE'S FILM AT  
[THEISOPURECOMPANY.COM/BEHINDTHEMUSCLE](http://THEISOPURECOMPANY.COM/BEHINDTHEMUSCLE)  
AVAILABLE AT GNC, VITAMIN SHOPPE

# PURE POWER

FOR AMPLIFYING PASSIONS

## ISOPURE PROTEIN

THE HIGHEST QUALITY 100% WHEY  
PROTEIN ISOLATE. FOR ENERGY TO  
BE THE HIGHEST QUALITY HUMANS

WE'RE ALL MORE THAN MUSCLE



[THEISOPURECOMPANY.COM](http://THEISOPURECOMPANY.COM)



NATURALLY AND ARTIFICIALLY FLAVORED

# CREAMY VANILLA

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W  
R  
D  
R

## FEATURES

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From skinny and weak to jacked, famous, and living out his wildest dreams, Joe Manganiello shares his greatest lessons.

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All the training you need to tackle the toughest terrain.

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Joe Manganiello

Photograph by Dustin Snipes

**"I WAS THE ONE  
WHO COULDN'T  
DO ONE DIP OR  
ONE PULLUP."**

—Joe Manganiello, p26





**NEW!**



# 6 REASONS WHY **BEST** IS BETTER



There's a reason we named it BEST CREATINE™. We confidently believe this is better than any other creatine product on the market. With 6 different advanced forms of creatine all in one formula, this is your professional strength creatine blend for promoting lean muscle, increasing strength and optimizing recovery time.\*†

**CREATINE**  
MONOHYDRATE

**CREATINE**  
MAGNA POWER™

**CREATINE** AKG

**CREATINE**  
ANHYDROUS

**CREATINE**  
PHOSPHATE

**pH BUFFERED**  
CREATINE ALKALINE™

**THE BEST FORMULA, BEST FLAVOR AND BEST RESULTS.**

Don't just take our word for it – pick up a bottle and try it for yourself.

AVAILABLE AT:



**BE BETTER. BE STRONGER. BPI.™**

\*THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THESE PRODUCTS ARE NOT INTENDED TO DIAGNOSE, TREAT, CURE OR PREVENT ANY DISEASE.

† When combined with a proper exercise and nutrition regimen. Statements based on early-stage independent 3rd party in vivo and / or in vitro model scientific research data findings for individual ingredients. Creatine MagnaPower® is a registered trademark of Albion Laboratories, Inc.

WWW.BPISPORTS.COM



## PROTECT

### HEADSHADE SPF40

Spray on the water-resistant SPF40 sunscreen to shield yourself from harmful UVA and UVB rays. Alcohol-free and travel friendly. \$10, [headblade.com](http://headblade.com)

# HOT LIST

## WHAT YOU NEED TO KNOW THIS MONTH

### TAKING FLYTE

Sticking to the basics works well until you adapt, and abs adapt very quickly. CoreFlyte can rejuvenate your ab training.



### WIN THIS!

Enter our giveaway at [muscleandfitness.com/coreflyte](http://muscleandfitness.com/coreflyte) to win one of five Core Flytes.

## TRAIN

### CORE FLYTE

These rolling discs sit under your palms and activate stabilizers through a wide variety of planks and other exercises. They're also a favorite of the NFL's fittest man, Steve Weatherford. \$100, [flytefitness.com](http://flytefitness.com)



## WATCH

### THE LATE SHOW WITH STEPHEN COLBERT

The smartest man in late night hangs up his pundit character to take over for David Letterman. It's new territory for Colbert and not to be missed. Premieres Sept. 8



## PLAY

### SUPER MARIO MAKER

*Super Mario Bros.* has influenced every platformer since its release in 1985. Now Nintendo is handing the design tools over to Wii U owners. The possibilities are endless. \$60, [nintendo.com](http://nintendo.com)

AF ARCHIVE/LAMY (COLBERT); MARK LUNDOCEAN/CORBIS (SAFFRON)

## EAT

### SAFFRON

Adding the ancient spice to your food can pay big dividends. One study showed guys who ate 300 milligrams of saffron before training produced 63% more isometric force and reported less DOMS than guys who took a placebo.



# Nitrosigine®

Bonded Arginine Silicate

# RAISE the BAR

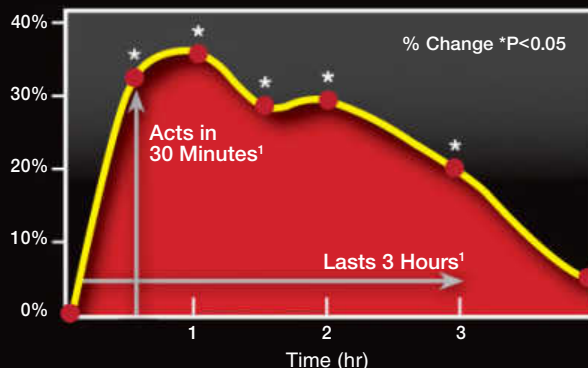
## Time Optimized. High Reward.

Nitrosigine® is a patented ingredient of bonded arginine silicate with FDA New Dietary Ingredient notification status; now affirmed as GRAS.<sup>^</sup> It has been clinically shown to significantly boost nitric oxide (NO) levels.\*<sup>1</sup> Nitric oxide is a key factor in increasing blood flow to working muscles. Nitrosigine® is engineered to take effect in just 30 minutes, producing increased arginine levels that can last through your entire workout, for up to 3 hours\*<sup>1</sup> – after just a single dose! With continued use, nitric oxide levels build over time.\*<sup>1</sup> Increased NO levels can lead to even better blood flow and vessel flexibility.

Look for Nitrosigine® in your pre-workout products, such as BSN FINISH FIRST® CLEAN



Plasma Arginine Levels – Optimized Bioavailability in Human Subjects\*<sup>1</sup>



Nitrosigine® – The New Standard for Pumped Results™



For more information visit [nitrosigine.com](http://nitrosigine.com)

\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

©2015 Nutrition 21, LLC Nitrosigine® is a registered trademark of Nutrition 21, LLC. U.S. Patents: 5,707,970; 6,156,735; 6,344,444; 6,803,456; 7,576,132. 1. Kalman D, Feldman S, Samson A, Krieger D. A clinical evaluation to determine the safety, pharmacokinetics and pharmacodynamics of an inositol-stabilized arginine silicate dietary supplement in healthy adult males. *The FASEB Journal* 2014;28(1):SLB418. 2. Proctor SD, et al. A Novel Complex of Arginine Silicate Improves Micro- and Macrovascular Function and Inhibits Glomerular Sclerosis in Insulin-Resistant, JCR: LA-cp rats. *Diabetology*. 2005;48(9):1925-32. ^Affirmed as Generally Recognized As Safe (GRAS) for use in nutritional bars and beverages. DRA409NRBCLN032615



### MORE THAN A BODY

The persistence required to build a body like this carried over to other pursuits.



# I Am a Bodybuilder

Let your passion for training define your life positively.

**You haven't competed in decades, but you still call yourself a bodybuilder in interviews. Why?**

—JAMES B., VIA FACEBOOK

**A:** **AT THE END OF THE** movie *Pumping Iron*, after I win the Mr. Olympia title, I make a speech in which I tell the audience that I'm retiring from competition, but that I'll never stop being a bodybuilder. I meant it then, and I feel the same now. If you think of bodybuilding in the broader sense—not just as a sport but as a lifestyle dedicated to the cultivation of one's physical potential, and the mental and spiritual benefits that come along with it—why would anyone just quit?

I've been a movie star, businessman, political leader, and many other things in my life, but my first great accomplishment was becoming a bodybuilder, and that gave me the physique that got me noticed, along with the work ethic and focus that helped make all my other dreams come true. So no matter what projects I'm tackling next, I like to remind people where it all started and that bodybuilding means more than just muscular men in trunks posing on a stage.

And it never becomes any less important, regardless of how much money you have or what direction your life takes. I still work out every day, not just to stay fit but to clear my head and keep the habit of setting and achieving goals. If you make bodybuilding a part of your life, as routine as going to work or walking your dog, you'll have an ace up your sleeve in every situation you encounter.

*Yours in Iron,*

**Arnold Schwarzenegger**



# ADD **GREEN** TO YOUR **FITNESS** **NUTRITION**

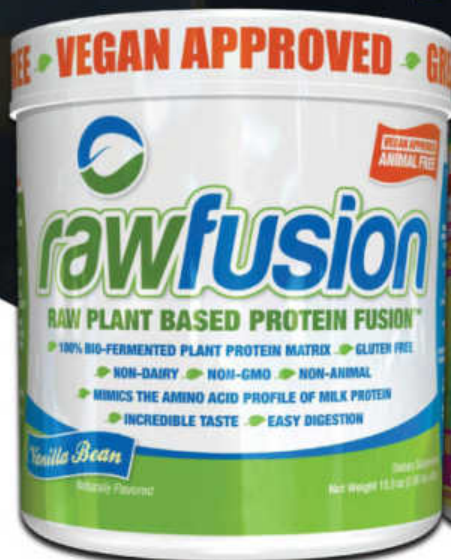
## NOW EVERYONE CAN BENEFIT FROM A PLANT BASED DIET!

In the past, it wasn't always an easy choice to live a vegan lifestyle or simply a 'greener' lifestyle if your goals were to be a serious athlete. It was hard enough to get abundant protein or vitamins and minerals through diet alone, but almost all supplement sources of the past haven't been vegan-friendly. SAN recognized this dilemma and engineered **RAWFUSION** and **GREEN SUPREME FUSION** so that EVERY type of athlete has a brand and product they can turn to.

The custom, bio-fermented protein mix of pea protein isolate, sprouted brown rice, and artichoke protein concentrate in **RAWFUSION**, totaling 21 grams of protein, is a formula guaranteed to produce results equivalent to the best long-established proteins in the fitness world. In fact, with over 4.5 grams of BCAAs per serving, **RAWFUSION**'s amino acid profile rivals that of milk/whey protein, and it's completely free of cholesterol and lactose, so no more issues for those with sensitive stomachs.

**GREEN SUPREME FUSION** is packed with 26 nutrient-dense antioxidant Superfoods, sea algae blends, as well as high impact harmonizing herbal extracts. It's also got probiotics and food digesting enzymes that radically enhance absorption. Each simple serving contains more essential vitamins, organic minerals, amino acids (protein), omega-3s and anti-oxidants than 5 servings of fruits & vegetables per day. Basically, **GREEN SUPREME FUSION** is a 'healthy green meal' in a glass!

In addition to the awesome health benefits, both **RAWFUSION** and **GREEN SUPREME FUSION** are amazingly and refreshingly delicious. Adding 'GREEN' to your strength and muscle building nutrition will be a decision you won't regret!\*



**EXCEEDS  
5 SERVINGS**  
OF FRUITS & VEGETABLES  
PER DAY!

**ALL NEW!**  
VEGAN FRIENDLY, HIGH  
PROTEIN SUPERFOODS  
**RAWFUSION BAR**



**RAWFUSION & GREEN SUPREME FUSION** provide All Natural & Vegan Approved ingredients for a 'GREENER' lifestyle!



**SAN**<sup>®</sup>  
Live a **VIBRANT LIFE!**  
**VIBRANTLIFE.NET (888) 519-9300**

\* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.







# DYMATIZE<sup>®</sup>

## NUTRITION

PRE

ANYTIME

POST



*PerformanceDriven. Just like you.*

### **M.P.A.C.T. – Pre**

Dymatize's muscle performance activator with caffeine for quick and sustained energy, and BCAAs, creatine, and beta-alanine to help you bust out more reps and help your muscles recover faster.

### **Amino Pro – Anytime**

Increase your endurance with instantly soluble BCAAs to minimize muscle breakdown and support faster muscle recovery, as well as electrolytes, L-taurine, and L-citrulline to increase hydration, energy, and circulation.

### **M.P.S. – Post**

7g of BCAAs and 2.4g of whey peptides trigger muscle protein synthesis for faster muscle recovery and growth. HICA and KIC prevent muscle protein breakdown.

**YOUR AMBITION. OUR NUTRITION.<sup>™</sup>**

# To the Olympia!

Get your tickets for an unforgettable weekend in Vegas.

**THIS IS IT**—the time of year bodybuilding and fitness fans anticipate most—Olympia Weekend!

If you're reading this and haven't yet purchased your ticket to the biggest event in bodybuilding and fitness, I encourage you to turn to page 35 for some compelling reasons to attend. And those are just at the Expo, where 55,000 fitness fanatics convened last year to see the biggest names in the sport and to check out hundreds of booths, activities, and giveaways.

Of course, the centerpiece of Olympia Weekend is the onstage competitions, in which the best of the best in bodybuilding, physique, fitness, figure, and bikini vie for the richest prizes in our sport's history—well over \$1 million!

Phil Heath will attempt to win a fifth consecutive Sandow trophy—a feat not accomplished since Ronnie Coleman secured win No. 5 back in 2002. It won't be easy, as he has a slate of top-notch pros gunning for him, all hungry for a taste of Olympia glory themselves. But both Phil and Kai Greene need to watch out for perennial contenders Shawn Rhoden, Dennis Wolf, and Dexter Jackson. And the biggest man in bodybuilding, Mamdouh "Big Ramy" Elssbiay, will surely be a force to be reckoned with come Saturday, Sept. 19.

We will provide extensive coverage all weekend long on [FLEXonline.com](http://FLEXonline.com), but there's nothing like being there. I know I will be, and I hope you can join me as we celebrate bodybuilding's and fitness's best and brightest.

For more info, go to [mrolympia.com](http://mrolympia.com).

Sincerely,




**David J. Pecker**  
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From left: Our editor, Joe Manganiello, Edgar Sargysian, and our executive editor at an After-School All-Stars event this past April.

# Have at It!

**JOE MANGANIELLO** embodies the Weider principles and wrote a new blueprint for success, which starts on page 26.

**I FIRST MET** Joe Manganiello 2½ years ago, at Joe Weider's memorial service. Arnold Schwarzenegger, who organized the event to honor his longtime friend and mentor, had invited Manganiello to speak. Although the two Joes never met, Arnold knew that Weider would have been fond of Manganiello, and that like the rest of us assembled at the Fairmont Miramar Hotel in Santa Monica, CA, that day, Manganiello owed Weider a debt of gratitude.

Manganiello spoke eloquently and passionately about how it was Weider, through his magazines and books and overarching influence on fitness in general, who'd made it possible for the skinny kid he was to turn his dreams of being bigger and stronger into reality. He also talked about how Weider's influence was timeless, far outliving his mortal coil, and of how guys of his generation were benefiting from principles Weider had helped ply long before he was born.

Although I knew at the time that Joe Manganiello was a dyed-in-the-wool gym rat (we'd already featured him on our July 2011 cover), it was at that

moment that I realized he was also one of the rare few who was a living embodiment of Weider's beliefs.

You see, Manganiello believed in the power of fitness to change not just one's physique and health but entire life as well. Just look at him now: He's not only a physical specimen but also a Hollywood star and a lauded theater actor. As if that were not enough, he's also managed to win over the girl of his dreams, in case you hadn't heard.

Today, I'm fortunate to call Manganiello a friend, and I can attest to his passion for training. I know the difference it's made in his life. Like me, he owes a good deal of his success to lessons learned in the gym.

I can't guarantee that by following our advice you'll achieve fame and fortune and the girl of your dreams like Joe. I can guarantee, however, that if you do, you will never regret it.



**More Power to You,**

**Shawn Perrine**  
Editor in Chief

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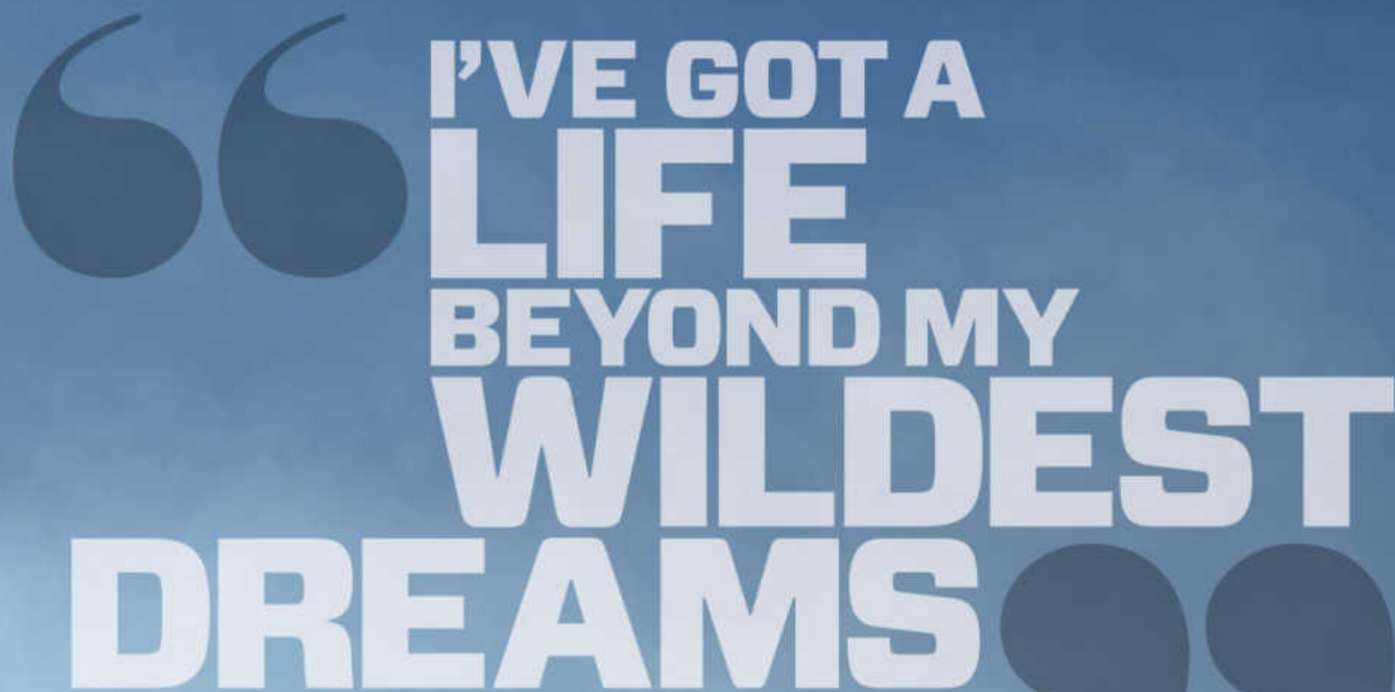
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# I'VE GOT A LIFE BEYOND MY WILDEST DREAMS

His body, career—and his fiancée—are the stuff of pure fantasy, yet **Joe Manganiello**'s life is incredibly real. Through it all, training has been the cornerstone of his success. Here, in his own words, Manganiello tells *M&F* how he accomplished his most ambitious of goals. And how you can, too.

AS TOLD TO SHAWN DONNELLY /// PHOTOGRAPHS BY PATRIK GIARDINO



**I WAS VERY** artistic as a kid. When I was, like, 5 years old, my mother used to walk me up to an old man's house where he taught chess, and he would give me chess lessons. I was always drawing, painting, and writing, and I was really into weird things. At a surprisingly young age I was reading a lot of J.R.R. Tolkien and Stephen King. I was really into comic books. I was so into comic books that I was shoplifting them because I would read them so fast that paying for them started to not make sense.

So that was one train that was running. The other train was that I was head and shoulders taller than all the other kids and coordinated. I was good at sports. The first year I played football, I was the captain of the team. Then you get into high school. Just like *The Breakfast Club*, high school tries to put people into a category. You're supposed to fit into this certain niche, and that's never the case. You're always shades of different things. I was so diametrically opposite in these major, major ways. I got along with a group—the weirdo intellectuals—who generally hate jocks. And I also was the captain of a sports team. So I got along with the jocks.

I kind of had a foot in both of those worlds, and I think it gave me perspective on things. But

I think that weirdness or those split-personality traits were what made Arnold Schwarzenegger so interesting to me. Because you had this guy who was built the way that heroes are supposed to be built. He came straight out of one of those comic books that I read. But when I read things about his life or saw him interviewed, as funny as he was

**A LOT OF RESULTS IN MY CAREER HAVE BEEN DIRECTLY PROPORTIONATE TO THE TYPE OF HEALTH, BOTH MENTAL AND PHYSICAL, THAT I KEPT MYSELF IN.**

being, as tongue-in-cheek as he was, you could tell that he was a very intelligent, book-smart person. And I came to find out that he's a big chess player as well. So I think that those odd characteristics or the lack of wanting to be restricted into one group or another—just being yourself, being an individual—is what formed the basis of my friendship with him when we met on the set of *Sabotage* [the 2014 movie].

If you've seen my book, *Evolution* [Manganiello released the fitness book in 2013], you can see how skinny I was as a kid. I couldn't do one pullup or one dip

into high school, which has nothing to do with my athletic ability. It just had to do with my lack of any form of upper-body strength.

I played football, basketball, and volleyball in high school. I had an MCL tear playing varsity football, returning a kickoff in a game. I tore it, and it gave me enough pause that I started thinking about what I wanted to do with my life.

I was going to go play basketball in college. I was set to do that, and I was going to study criminal justice. But at the last minute in high school...we had a TV studio and you could take TV classes. And I started writing and directing and producing films and TV shows. And then starring in them.

I wound up trying out for the Carnegie Mellon School of Drama. I think they took 17 actors out of 800 who auditioned from around the world, and I was one of them. And they gave me a scholarship to go to the school; I really got in at the last minute. But I think it set the table for the kind of career that I have now. The past few years have been kind of a reward for all of that weirdness or awkwardness. Because I get to be an artist and I get to be an athlete rolled into the same job.

The link between my acting and my fitness is an interesting thing. I think that I was doing great work for years. I've been acting for 22 years. I started in classical theater. I started doing Chekhov and Ibsen and Shakespeare. And I was in sitcom after sitcom after sitcom. I did some plays that were nominated for awards. But none of those were a break until the physicality melded with the acting in *True Blood*. People really took notice.

I think I tried to get away with being the smoking, drinking artiste—you know, that romantic idea of the artiste—it just wasn't me. I'm at my best when I can find a role that offers that type of physicality.

**JOE COOL**  
Manganiello and co-star Channing Tatum grab a drink in *Magic Mike XXL*.









**A**fter *Spider-Man* in 2002, I didn't have an acting role for four years. I was a drunk who needed to quit drinking. It wasn't some form of "I don't want to act" or "I can't get cast." I had a serious issue with drinking that needed to be handled.

By the time this article comes out, I'll be 13 years sober, knock on wood. Did I get help? Yeah. No addict or alcoholic pulls that off without help, I'll say that—without somebody further down the path who can show them how to do it.

I started working with my trainer, Ron Mathews, right after I booked *True Blood*. My workouts with him are long and tough. It's called being in the pain cave. The workout has even evolved from what was in my book. We have these massive sets or we're doing something on a timer or we get into WODs [Workouts Of the Day], things like that.

There's a moment when there's going to be 10 sets. And I'm on Set 5 or even Set 4, and I'm done. My body is starting to quit, I'm having a minor league panic attack in my brain because I can't visualize doing the next rep, let alone the next set, and I want to quit. And I think, "What am I doing this for? I don't have a movie coming up that I'm training for specifically. If I walked away or I quit, nobody would know. Who cares?"

And that's where you're going to grow. That's the spot. That's when you crack the pit, if you will. And that seed is inside. That's the good stuff. And you just put your head down, and you focus on the next rep. And then the next rep. And then the next rep. And then the next rep. And you keep moving. And you think you're going to have a heart attack and that you're going to drop dead. And you just push through and realize you're OK. And you realize you could complete the workout. And you realize it was the mind try-

ing to stop you from achieving.

And that's really what my book *Evolution* was about. It was about putting yourself into a position where training becomes mental, not just physical. It's about pushing the mind past those perceived limitations. And the only thing I could say to people is you just have to back yourself into that corner

and see what you're made of.

As far as my diet, I actually had my blood tested recently by this guy named Chris Talley. He started a company called Precision Food Works. He took 10 vials of my blood and did more than 200 tests on them for food allergies, blood enzymes, etc. etc. And what I found from it was that my whole life

**THE PAST FEW YEARS HAVE BEEN KIND OF A REWARD FOR ALL OF THAT WEIRDNESS OR AWKWARDNESS [AS A KID]. BECAUSE I GET TO BE AN ARTIST AND I GET TO BE AN ATHLETE ROLLED INTO THE SAME JOB.**





I've been allergic to eggs and milk and had no idea. So that's been a huge shift for me lately. Especially approaching age 40 the way that I am, I want to get any advantage I possibly can.

I don't think life is about having this sort of monklike existence where you don't get to enjoy life. I mean, it's about enjoying life. But I will say that I can't tell you how many people come up to me as if I'm their priest or something and start confessing all of their dietary sins to me and then grab their mid-sections in a public place and say, "I just can't get rid of this!" And I say, "You've got a tall glass of vodka sitting in your hand. There's your answer right there. Do you need me to point that out?"

At this point, I think I've got a life beyond my wildest dreams. I don't know that I could have allowed



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## JOE MANGANIELLO'S ASS-KICKING CONDITIONING WORKOUT

Manganiello trains three to four times per week. Here's his conditioning circuit via Ron Mathews, co-owner of Reebok CrossFit Lab.

myself to feasibly imagine or wish for some of the things I've gotten. There is no bucket list for most of the things going on in my life.

Do I have the woman of my dreams? *[Editor's Note: If you've been living under a rock, Manganiello is engaged to Colombian-American actress Sofia Vergara.]* Well of course. Absolutely. She was it for me, still is. Always will be.

Am I worried that paparazzi will crash the wedding? It's just part of my life now. You have to take these things into consideration. There was a helicopter that was hovering over my backyard in Beverly Hills the other day, which is a no-fly zone. What do you do about that? Try to shoot a shotgun at the helicopter? I don't know.

Every day seems like some

new challenge with those people. And at some point they're going to realize that I'm just a normal boring guy in my personal life, and they're going to leave me alone. I just want to do good work, and I want to entertain people. At some point, hopefully, that will prove to be uninteresting to them and they'll leave me to do my work. That's all I want.

My fitness advice for others? There's always going to be somebody bigger than you in the gym—and somebody else skinnier than you. You're always going to be right in the middle—unless you're me. I was the absolute skinniest. I was the one who couldn't do one dip or one pullup. And even if you're that person, there's still hope for you. So just get in there and get to work. **M&F**

EXERCISES	REPS
Deadlifts*	10-8-6-4-2

Toes to Bar	8 after every deadlift set without rest
-------------	---

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Burpee Box Jump Overs, 30-inch box	8 reps (odd minutes)
Front Squats	8 reps (even minutes)

\*Joe does 225-pound deadlifts for sets up to 10, 300-pound deadlifts for sets of four. ("I don't have him max out on the deadlift since pure strength is not one of our goals," says Mathews. "He uses weights that are heavy, but he can comfortably move and get right into something else.")

\*\*Drag the sled 40 yards; flip the tire 10 times; do 10 squat jumps.





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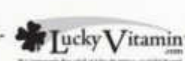


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## Destination: Olympia Expo

What to see and do at the biggest weekend in Las Vegas

BY ZACK ZEIGLER

**THE OLYMPIA EXPO** is the official home of Olympia Weekend—and it's always a packed house. In 2014 more than 55,000 bodybuilding fans and fitness enthusiasts flocked to the expo at the Las Vegas Convention Center. This year, even more foot traffic is expected. Whether you want to watch pre-judging for the Mr. Olympia (or another pro bodybuilding, physique, figure, fitness, bikini, strongman, or powerlifting competition); collect bagfuls of swag; sample new supps; or test out the latest workout gear and exercise equipment, there's no shortage of things to see and do at the Olympia Expo. For those who plan to partake in the madness on Sept. 17-20, consider putting these seven expo events on your radar.

### OLYMPIA STRONGMAN CHALLENGE

Presenting men with mutant strength center stage is a guaranteed crowd-pleaser. Kegs will be thrown. Logs will be lifted. And you'll spot around 70 Paul Bunyan look-alikes.

WHAT TO SEE AT THE EXPO





## MEN'S MODEL SEARCH

The male counterpart to the Bikini Model Search will motivate you to train harder—and haunt your dreams with board shorts. The top physique earns \$1,000 and two VIP tickets to next year's Olympia Weekend.

## GET THE OLYMPIA APP

For a full event schedule, get the 2015 Olympia Weekend App or go to [mrolympia.com](http://mrolympia.com)



## OLYMPIA BOXING

If the “sweet science” remains your go-to combat sport, you'll appreciate the skill exhibited by these world-class amateurs as they stick, move, bob, and weave.



## BIKINI MODEL SEARCH

You can gawk at hundreds of toned and tanned bikini-clad women without getting hauled away in handcuffs. The winning model receives \$2,000 and two VIP tickets to 2016 Olympia Weekend.



## OLYMPIA PRO POWERLIFTING CHAMPIONSHIPS

Burly-ass dudes benching, squatting, and deadlifting heavy-ass weight—what's not to love?



## RHINO CROSSFIT

Put your strength and agility to the test by blazing through a 10-station obstacle course faster than any other competitor to pocket a piece of the \$5,000 prize money.



## BATTLE OF THE BARS

Competitors put their exceptional body-weight strength and muscle endurance on display as they put on a high-flying (and highly entertaining) acrobatic showcase. Day 1 features one-on-one battles; the 16-man single-elimination bracket-style tourney goes down on Day 2.



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**CAUTION: EXTREME ENERGY AND PUMPS AHEAD.** OUTRAGE is made for the gym rat looking for a sensational vein-busting, skin-stretching, muscle-swelling experience. OUTRAGE is the first and only pre-workout that gives you GRAMS of two of the most potent pump and strength amplifiers, Nitrosigine® and Hydromax®.

A lot of pre-workout products claim to give you incredible pumps, but make sure you check the label. We put generous doses (offering GRAMS) of Nitrosigine® and Hydromax® in two scoops of OUTRAGE to push your muscles to perform, recover and enlarge.

OUTRAGE will further fire you up with extreme energy and intense focus. Experience a superior mind-muscle connection and be zoned in for your workout like never before.

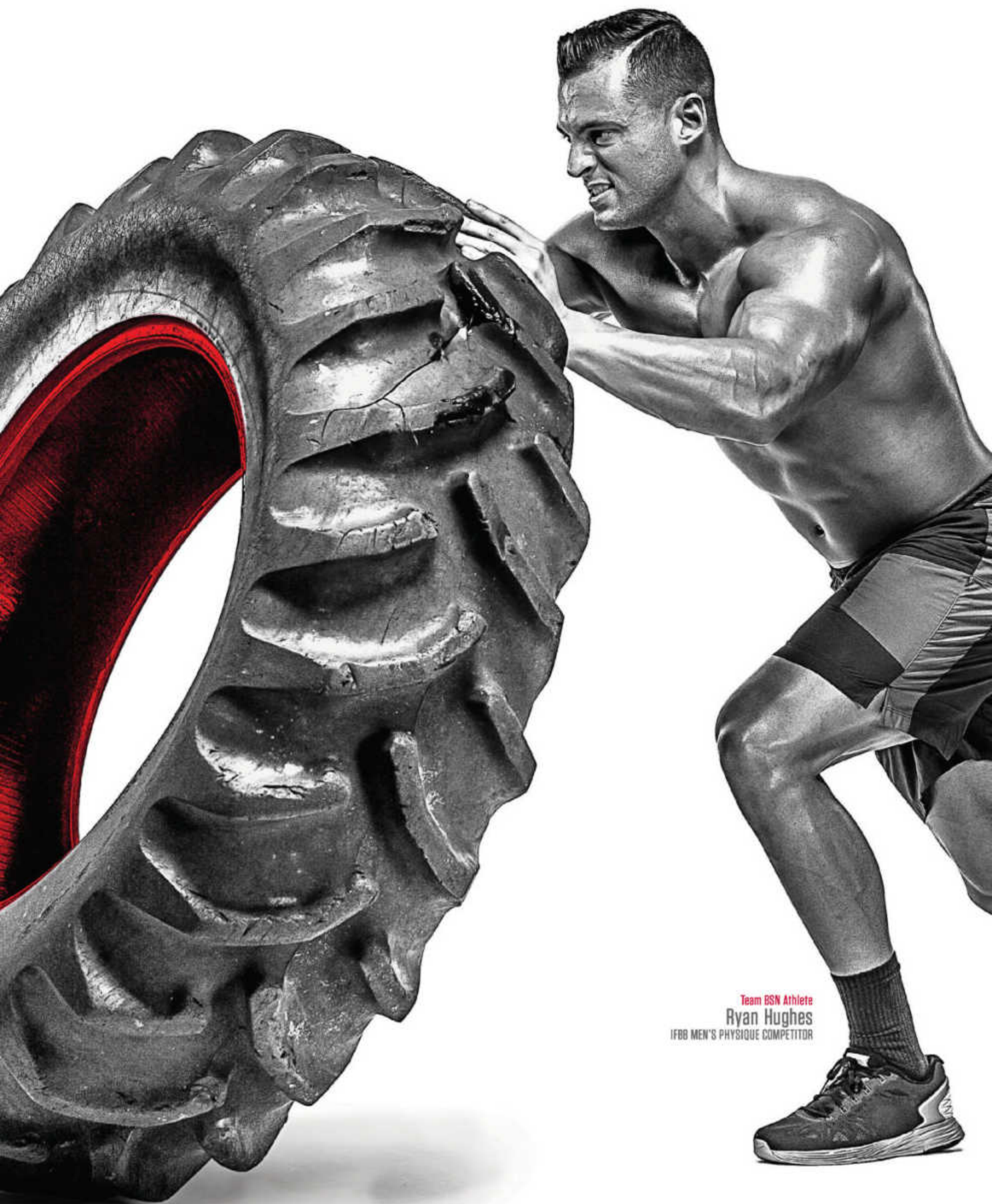
OUTRAGE is free of proprietary blends, artificial colors and dyes. This product mixes well in 6-8 oz of water and gives you a refreshing taste in three great flavors—Fruit Punch, Blue Raspberry and Watermelon. Go Harder. Train Longer. Get Stronger.



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IFBB MEN'S PHYSIQUE COMPETITOR





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# Olympic Caliber

**TIM MOREHOUSE**, U.S. fencing champion, breathes new life into the sport—by giving it to those in need. **BY BEN RADDING**

**BY THE TIME** Tim Morehouse won the Olympic silver medal in the Men's Saber Team event at the 2008 Games in Beijing (his first Olympics), he was nearing 30 years old. He'd been fencing since he was 13, having started out in the sport at Riverdale Country School, an independent school in New York City. But Morehouse believes that fencing shouldn't be a sport practiced exclusively by the wealthy. "I would say that it was fencing that turned me on to my potential," he says. To help others realize theirs, Morehouse has parlayed his Olympic success into Fencing in the Schools, an organization that aims to teach fencing to underprivileged kids. "I believe success is a process that involves setting goals, and not just failing, but learning through those failures. Those are the values that we want to instill in kids."

As an athlete, Morehouse has never felt better. The two-time national champion still hits the fencing piste hard. "When you're training for the Olympics, it's a full-time job," he says.

The focus on fencing training isn't to build muscle but agility. "You need to have explosive legs that are flexible," Morehouse says. "We do a lot of ladder drills—a combination of that with Olympic lifting as well—and sprints. I think people don't realize how athletic fencing is. One of the reasons that the U.S. team has gone from nowhere to one of the top teams is that we are now training more professionally."

## GIVING BACK

Morehouse's charity program has introduced the sport to 15,000 underprivileged kids.



## THE WORKOUT

Directions: Do three sets of 10 for each exercise.

**1**

### SLIDE BOARD

Wear a harness and connect it to the cables of a pulley machine. Stand on a slide board and use your legs to push away from the machine.

**2**

### WOLF IN SHEEP'S CLOTHING

Stand in a lateral lunge with the foot of the bent leg on a board. Turn your pelvis to the side of the leg on the board and your torso the other way.

**3**

### LOW SQUAT TO EXPLOSIVE LUNGE

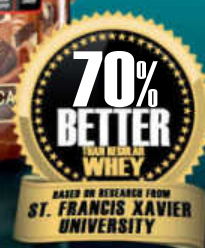
While "bouncing" at the bottom of a squat, explode into a lunge, and then explode back into bouncing at the bottom of a squat.

*Designed by Morehouse's trainer, Pat Davidson, of Peak Performance in New York City*

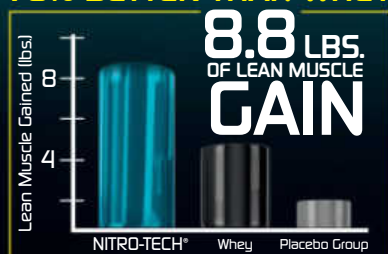


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Nitro-Tech® has been the choice of the world's most elite athletes for over 15 years, and now, MuscleTech® researchers are giving you 3 new reasons to love this time-tested lean musclebuilder. Drive your gains with 3 bold new flavors: Decadent Brownie Cheesecake, Mocha Cappuccino Swirl and Vanilla Birthday Cake. They're flavored by world-renowned flavor experts and further perfected through countless sensory tests, so you'll look forward to your recovery every time. This superior, advanced great-tasting formula is scientifically engineered to deliver:

- 70% more lean muscle than regular whey, with a researched combination of key ingredients
- Bigger gains in muscle size, strength and enhanced workout performance
- An ultra clean, fully disclosed formula
- Best-in-class taste flavored by experts in one of the world's top flavoring houses

**CHECK  
IT OUT**

The STIHL Timbersports U.S. Championships air Oct. 11, 18, and 25 on ABC.



# Get Chopping

Three-time STIHL Timbersports U.S. champion **MATT COGAR** stays strong with gym training and old-fashioned manual labor. **BY MARK BARROSO**

**IN STIHL TIMBERSPORTS,** lumberjack athletes use specialized axes and saws to cut wood in six timed events. Matt Cogar, the 2015 U.S. champ, uses gym and event training to prepare for global competition. "During the season, I train twice a week doing cable woodchops, deadlifts, body-weight squats,

pullups, situps, and pushups," says Cogar. "The exercises strengthen my core to help saw through logs."

The 6'4", 250-pounder says his greatest competition feat was chopping a 15-inch hardwood tree in half using an underhand technique—in which the lumberjack stands on top of the log and swings an ax downward.

"These are the same techniques used in the foresting industry," says Cogar. "You're using athleticism, agility, endurance, and strength."

Cogar has suffered sharp-object accidents while cutting wood in what has been dubbed the world's original extreme sport.

"Last year, my hand slipped on the single bucksaw, and I severed a tendon in my finger," Cogar says.

Fully healed, Cogar now has his sights set on the world championships in November.

CHARLES SYKES/AP IMAGES FOR STIHL TIMBERSPORTS



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Just check out our fully disclosed label to see for yourself why Anarchy™ is the only pre-workout that delivers unmatched performance, unlike obsolete formulas that underdose their ingredients. And because it's from MuscleTech®, the trusted brand backed by 20 years of excellence, you know it's a best-in-class formula that delivers results. Get it today.



Nitrosigine® has been clinically shown to boost blood arginine levels in test subjects within just 1 hour of their first dose.

### THE ANARCHY™ ADVANTAGE

	ANARCHY™	COMPETITOR 1	COMPETITOR 2	COMPETITOR 3
Nitrosigine®	1.5g	Zero	Zero	Zero
HydroMax™	1g	Zero	Zero	Zero
L-theanine	150mg	Zero	Zero	Zero
Choline bitartrate	200mg	Zero	Zero	Undisclosed Amount
Rhodiola	100mg	Zero	Zero	Zero
Beta-alanine	3.2g	3g	Zero	2g

Amounts displayed on the chart are based on a full dose.

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2 scoops of Anarchy™ deliver 3,200mg of patented CarnoSyn® beta-alanine. This is more than the competition. It has also been shown to accelerate musclebuilding in a study published in the *Journal of Strength and Conditioning Research*.



\*Per 2 scoops. Nitrosigine® is protected under U.S. patent numbers #5,707,970; #6,156,735; #6,344,444; #7,576,132. The Nitrosigine® name and logo are federal trademarks of Nutrition 21, LLC. CarnoSyn® is protected under U.S. patent numbers #7,825,084; #8,067,381; #8,129,422; #8,470,865. CarnoSyn® trademarks are owned by Natural Alternatives International, Inc. HydroMax™ is a trademark of Glanbia Nutritionals. Facebook logo is owned by Facebook Inc. Read the entire label and follow directions. © 2015

**ABOUT THE DOCTOR**

Victor R. Prisk, M.D., is a board-certified orthopedic surgeon, NCAA All-American gymnast, and GNC medical advisory board member.



# Carpal Bummer

Carpal tunnel doesn't just affect those who type a lot but lifters, too. Here are the signs, and how to treat them. **BY VICTOR PRISK, M.D.**

**IF YOU REGULARLY WORK**

with your hands, especially performing repetitive work, it is highly likely that you have heard of carpal tunnel syndrome (CTS). CTS results from compression of the median nerve as it crosses your wrist

through a tunnel created by your wristbones and the ligaments that connect them together.

Gym rats may be at increased risk for CTS from overtraining with pulling and pushing movements. Excessive wrist flexion in pulling movements or

pushing too much from the base of the palm (closer to the wrist) can lead to nerve irritation. Use of extraordinarily tight wrist wraps or lifting straps can also lead to carpal tunnel compression and subsequent CTS. Forceful flexion of the wrists during lifting movements can cause shooting pains or "zings" from compression of the nerve, hinting toward improper form.

Once the condition is diagnosed you must be vigilant to get the nerve damage under control. If not, CTS can require surgery. Focus on holding the wrist in a more neutral manner and avoid cheating with heavy weight. Laying off the weights when you feel that zing or using a night splint can help limit symptoms. Most people sleep with their wrists flexed, which causes more nerve compression.

**STOP IT**

Wrist flexion when pulling heavy or pushing too much or too fast from the base of your palm can lead to carpal tunnel syndrome.





# NEW & EXCLUSIVE PROTEIN INNOVATION

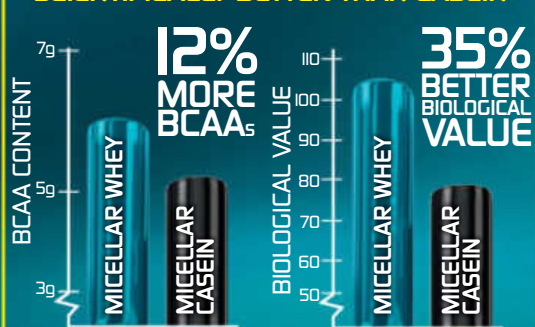
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35% higher biological value (BV) than casein's BV of 77 for enhanced protein absorption based on scientific literature published in the *Journal of Sports Science & Medicine*

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Based on pre-clinical, third-party in vitro testing, the unique protein molecule in micellar whey delivers a slow amino acid release

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Delivers a higher BCAA content than casein, including 2.7g of highly anabolic leucine to stimulate higher protein synthesis

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RESEARCH & DEVELOPMENT



# Stand Out

Step up your training game with these six stylish kicks. BY MARK BARROSO

## 1 PUMA IGNITE XT

Puma's new cross trainer has a mesh upper and an IGNITE midsole—a polyurethane blend for superior cushioning.  
**\$90, [puma.com](http://puma.com)**

## 2 ASICS GEL-EXERT TR

This trainer's SpEVA midsole decreases breakdown, and its gel heel absorbs shock.  
**\$100, [asicsamerica.com](http://asicsamerica.com)**

## 3 APL WINDCHILL

These runners contain six compression springs in the forefoot for a unique speed boost.  
**\$150, [apllrunning.com](http://apllrunning.com)**

## 4 NIKE METCON 1

Climb rope, lift heavy, and run fast in this durable cross trainer. Comes in five colorways.  
**\$120, [sportsauthority.com](http://sportsauthority.com)**

## 5 REEBOK ZPUMP FUSION PU

A minimalist bootie sleeve and built-in air pump allow for a customized fit during training.  
**\$100, [finishline.com](http://finishline.com)**

## 6 SAUCONY RIDE 8

Featuring FlexFilm—an upper-support structure—this runner is built to go the distance comfortably.  
**\$120, [saucony.com](http://saucony.com)**



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\*Schoettl, et al. Consuming branched-chain amino acid supplement during a resistance training program increases lean mass, muscle strength and fat loss. Journal of the International Society of Sports Nutrition 2009, 6(Suppl 1):P1

\*Schoettl et al. Consuming branched-chain amino acid or whey protein in combination with hypocaloric diet differentially affects muscle mass, body fat and strength in trained subjects. Manuscript in Process.



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# The Will to Win

2015 Arnold Classic Physique winner **SADIK HADZOVIC** offers tips to elevate your training to the next level.

BY MARK BARROSO

**YOU CAN TELL BY** looking at Sadik Hadzovic that he knows his way around a gym. That's because it's a job requirement—well, for his second job, anyway. After Hadzovic finishes his day job as a real estate property manager, he puts in overtime at Bev Francis Powerhouse Gym in order to maintain his status as a top-tier IFBB physique pro. The 2015 Arnold Classic Physique winner has trained at Bev's for years, absorbing workout knowledge like a sponge. Adding to Hadzovic's training education were "old-school Dorian Yates workout videos" and his trainer, IFBB great Dennis James, the creator of MTUT (Menace Time Under Tension).

"MTUT starts with a 30-second rep followed by three fast reps," Hadzovic says. "I preserve my joints by doing fewer sets and reps while forcing as much blood into the muscle as possible."

Hadzovic cites giving "maximum effort every second for 12 weeks" and visualizing himself being awarded the trophy as the keys to his Arnold Classic win.

"The first six weeks of my contest prep, I do high reps and the final six weeks is heavy weight, low reps, and low rest periods," he explains.

For cardio, Hadzovic does high-intensity interval training for

30–45 minutes six weeks out from a show; that drops to about 15 minutes as the contest nears. Steady-state cardio is reserved for when he's "lean enough." When Hadzovic feels a craving for junk food coming on, he resists by drinking 20–30 ounces of water to feel fuller. "Another method: Write down your goal when you get a craving," he says.

Lastly, Hadzovic suggests allowing the mind to lead the body to victory.

"Be goal oriented and envision what your ideal physique is or you'll never have the mental edge you need."



## SADIK'S STATS

AGE: 27

HEIGHT: 5'11"

WEIGHT: 190 lbs

RESIDENCE:

Westbury, NY

TWITTER:

@SadikHadzovic

Sadik is a favorite to win the Physique Olympia title at this month's Olympia weekend. For more, go to [mrolympia.com](http://mrolympia.com)

## HADZOVIC'S SHOULDER WORKOUT

EXERCISE	SETS	REPS
Seated Barbell Press	4	10
SUPERSET WITH		
Behind-the-neck Barbell Press	4	10
Dumbbell Lateral Raise	5	10
SUPERSET WITH		
Upright Row	5	20
Dumbbell Bentover Lateral Raise	3	15
Machine Shrug	4	20

PER SET/REP



ON YOUR MARK

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\*Schoett, et al. Consuming branched-chain amino acid supplement during a resistance training program increases lean mass, muscle strength and fat loss. Journal of the International Society of Sports Nutrition 2009, 6(Suppl 1):P1

\*Schoett et al. Consuming branched-chain amino acid or whey protein in combination with hypocaloric diet differentially effects muscle mass, body fat and strength in trained subjects. Manuscript in Process.

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## EDGE RETRO

75 YEARS OF M&F

# King Ralf



Years before he co-starred in *Gladiator*, bodybuilder Ralf Moeller covered our September 1988 issue.

BY MATT TUTHILL

**RALF MOELLER** has enjoyed a career that's been, in many ways, a microcosm of Arnold Schwarzenegger's. After Joe Weider took a shine to the German bodybuilder, Moeller was featured heavily in Weider's magazines, won a Mr. Universe title, and even went on to become an actor. No, Moeller never became a top-billed superstar like Arnold, but he enjoyed key roles in films like *Gladiator*, *The Scorpion King*, *Best of the Best 2*, and many more. Fittingly, you're most likely to find Moeller and Arnold together these days, traveling, training, or just hanging out.

Apart from the classic cover featuring Moeller and Kathy Stangel,

our September 1988 issue had some standout content, including a powerlifting log from Jim Vrabel, a feature on muscle isolation by Fred Hatfield, and a stern warning about the dangers of exercise addiction.

Here's where things got weird: It contained an op-ed by associate publisher Ben Pesta, who danced on the grave of Chicago's recently deceased mayor Harold Washington. Washington, an obese heavy smoker, had died of a heart attack the year before. Pesta's intentions were sincere: He started off by lamenting the fact that Washington had had a chance to become the nation's first black president if he'd taken better care of his health.

As the piece wore on, it became a repository for bad jokes at Washington's expense, calling his diet "suicide by soul food" and chiding, "More fat, your honor? How about more salt?" It eventually finishes with a sad wish that Washington could be as healthy as the Ayatollah Khomeini. Yikes. Talk about poor taste.



**CLOCKWISE FROM LOWER LEFT:** Jim Vrabel's powerlifting log; Moeller on the cover with Kathy Stangel; and a caricature of deceased Chicago mayor Harold Washington.

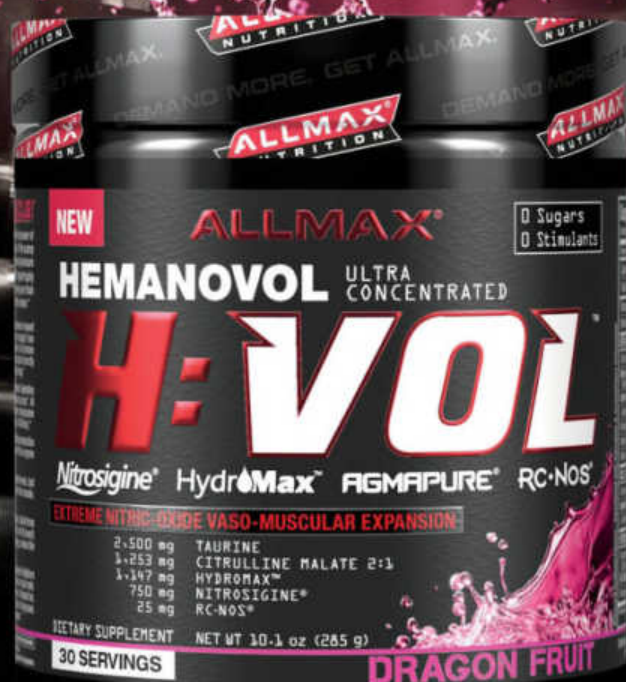


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<b>AGMAPURE</b>	Agmatine Sulfate is the purest, fermentation-derived Agmatine on the planet. Agmatine has quickly become THE "go to" ingredient for achieving what many call, "The Perpetual Pump".
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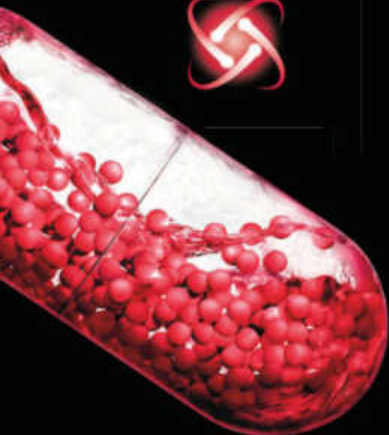


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† This product is to be used in conjunction with a healthy diet and regular resistance exercise regime.

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## EDGE COLLEGE MUSCLE



### GOING BIG TIME

Wisconsin faces the ultimate test in Week 1, taking on Alabama in prime time on ABC on Sept. 5.

# The New No.1

Wisconsin running back **COREY CLEMENT** looks to continue the school's ground-game legacy. **BY MARK BARROSO**

**LED BY 2014** Heisman Trophy runner-up and first-round NFL draft pick Melvin Gordon, the Wisconsin Badgers averaged the nation's third-highest rushing yards per game last season. Corey Clement, Gordon's backup a year ago who ran for 949 yards at nearly seven yards a clip, is training to fill the big shoes left for him this season.

"My main focus has been working on my stamina, because my workload will increase," says Clement. "Mandatory workouts aren't enough for me. I drill four to five more times after."

The 221-pound junior has been parachute running, aqua training, bleacher running while holding a medicine ball, and sprinting with a

weighted vest. In the gym, Clement boasts a 590-pound squat, 355-pound bench, and 260-pound power clean as his one-rep maxes.

In 2015, Clement wants to be more explosive—and break more long runs.

"Melvin taught me not to be one-dimensional," says Clement. "I'm working on everything; going north to south and east to west."

Clement says the passion of the Wisconsin fans fuels him daily.

"No other school has the pride and commitment we have to winning."

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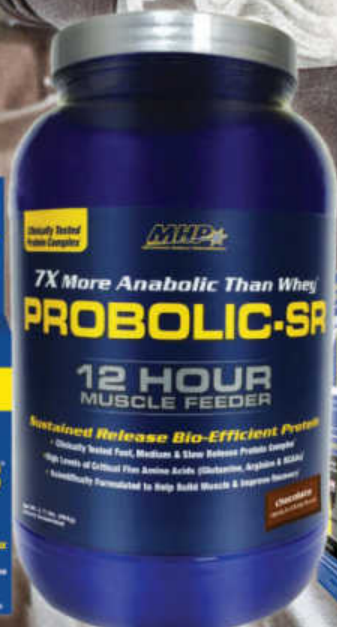




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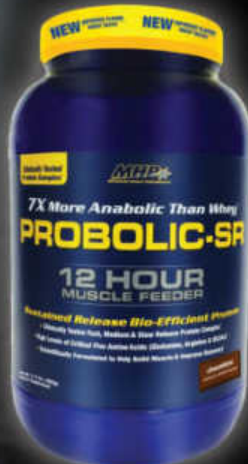


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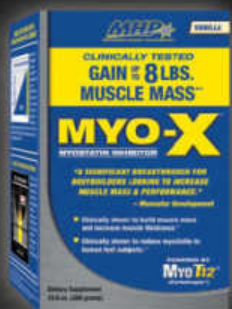


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## FRANK ZANE

The legend makes his return to *M&F* as a regular columnist, p62.

## ABS

Use the standing band crunch to make your six-pack pop, p66.

## PHYSIQUE

Maik Wiedenbach debunks three fitness myths, p72.

## STRENGTH

A simple three-week bench progression for big-time results, p74.

# TRAIN

BUILD MUSCLE, BURN FAT, PERFORM BETTER

## Bowling Pins

Benson W. from Norwalk, CT, sent us his forearm workout to review. Here's how we fixed it.

BY SEAN HYSON, C.S.C.S.





**THE FOREARMS** consist of the wrist flexor, wrist extensor, and brachioradialis muscles. They're smaller muscles and therefore are designed more for endurance and frequent bouts of work than explosive or heavy movements. They also get plenty of incidental work whenever you grab a bar or dumbbells for any other exercises, or carry groceries home from the store. Here's how to set up a forearm training plan that challenges these muscles without overtraining them.

### BENSON'S OLD WORKOUT

EXERCISE	SETS	REPS
Hammer Curl	4	10
Reverse Curl	4	10
Wrist Curl	3	20
Reverse Wrist Curl	3	20

**M&F RATING: C**

### OUR ADVICE

Take advantage of all the ways the forearms already get worked. **SAVE THE CURL VARIATIONS FOR YOUR ARM DAY AND DEADLIFT ON EITHER A LOWER BODY OR BACK DAY.** You can do this routine at the end of either of those days—it includes a static hold, one major forearm builder you overlooked. Improving your grip will drive up your poundages, as well as add meat above your wrists.

### BENSON'S NEW WORKOUT

EXERCISE	SETS	REPS
► Suitcase Deadlift Hold	3	*30 SEC.
Wrist Curl	3	20
Reverse Wrist Curl	3	20

\* Work up to 30 seconds.



### QUICK TIP

If you have farmer's walk handles, you can use them for the suitcase deadlift hold.





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# Always Pushing

You called my physique the greatest of all time—and it makes me want to push harder than ever. **BY FRANK ZANE, M.A.**

## WHAT AN HONOR TO BE AWARDED

Best Physique Ever by the editors of *Muscle & Fitness*! This acknowledgment really makes me feel good about myself and adds fuel to my fire. It's almost like winning Mr. Olympia again.

And it makes me want to train hard again. For me that means working out three times a week with a training partner in my gym, which contains my Mr. Olympia equipment that I've used and maintained for the past 35 years. It's even better now than it was then because the weight stacks slide more smoothly on the guide rods through years of repetition. My equipment is a metaphor for how my body works.

It's been more than 30 years since I last competed and since then I've been teaching bodybuilding at Zane Experience in San Diego. After earning an M.A. in psychology I began publishing the *Building the Body* quarterly and currently have three books in print and many more e-books and Kindle publications.

Almost fully recovered from shoulder surgery, I'll be able to do light movements on just about everything again. I can even shoot



## QUICK TIP

Keep rest short and train with a partner who will help set a brisk workout pace.

archery, something I haven't been able to do in years. I'll do three sets of each exercise, going a little heavier each set, stretching 20 seconds between sets. This is what I was doing a year ago before my shoulder started flaring up.

Over the years I've used different versions of the three-way split-workouts spaced according to my level of progression. The one I've done the most is Day 1 pull, Day 2 legs, Day 3 push. I train Tuesday, Thursday, and Saturday, working each body part once a week. I plan to stay on that training plan and take it to a peak by the end of the year. I'm excited to be able to share my experience and advice along the way in my new column.

**IN MY NEW MONTHLY COLUMN FOR THIS MAGAZINE, I WANT TO SHARE THE KNOWLEDGE I'VE AMASSED OVER THE YEARS.**



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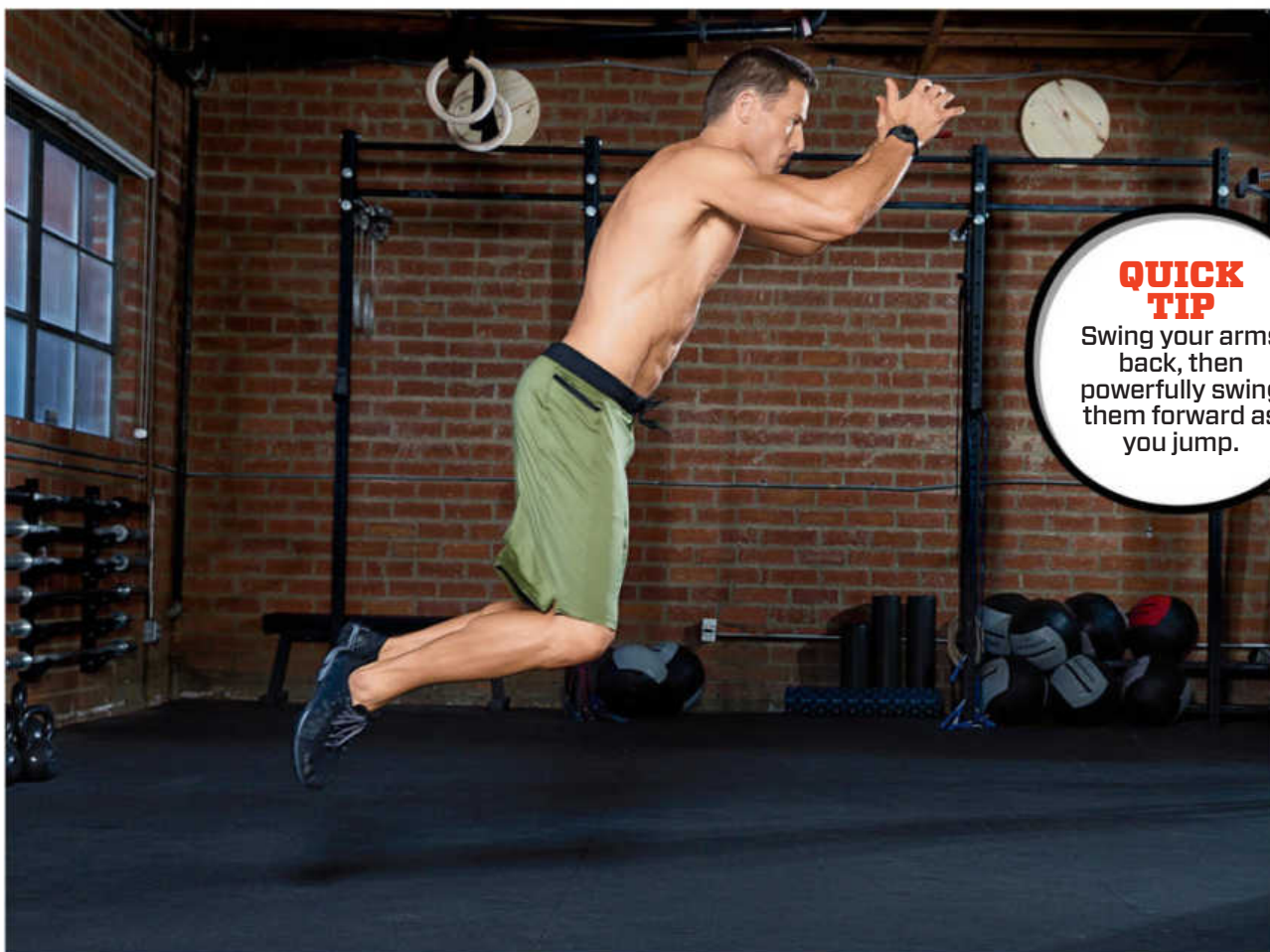


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## QUICK TIP

Swing your arms back, then powerfully swing them forward as you jump.

# Broadly Defined

Lack of time and equipment is not an excuse not to train. With a little room to do a broad jump, you've got everything you need.

## WHAT IT IS

A 15-minute total-body workout from L.A.-based celebrity trainer Andy McDermott. It combines broad jumps, pushups, lunges, and mountain climbers to work arms and legs as well as explosivity and endurance. Try it on a day when you don't have much time and you'll still feel like you got a full workout. Best of all, there's no equipment required.

## WHY IT WORKS

A proper broad jump is a total-body move and recruits a significant amount of fast-twitch muscle fiber. Starting the circuit with broad jumps excites the central nervous system for the work ahead. McDermott says, "When you incorporate broad jumps, you're training like an athlete and burning fat while you develop power."

## THE WORKOUT

**DIRECTIONS:** Set a timer for 15 minutes and perform the following circuit continuously, resting as little as possible until the time is up.

EXERCISE	REPS
▲ Broad Jump	5
Single-arm Eccentric Pushup*	10
Walking Lunge	20
Mountain Climber	30 sec.

\*Use one arm to lower your body, two to explode back up. As a note on form, McDermott says, "Head to heel, straight as steel."



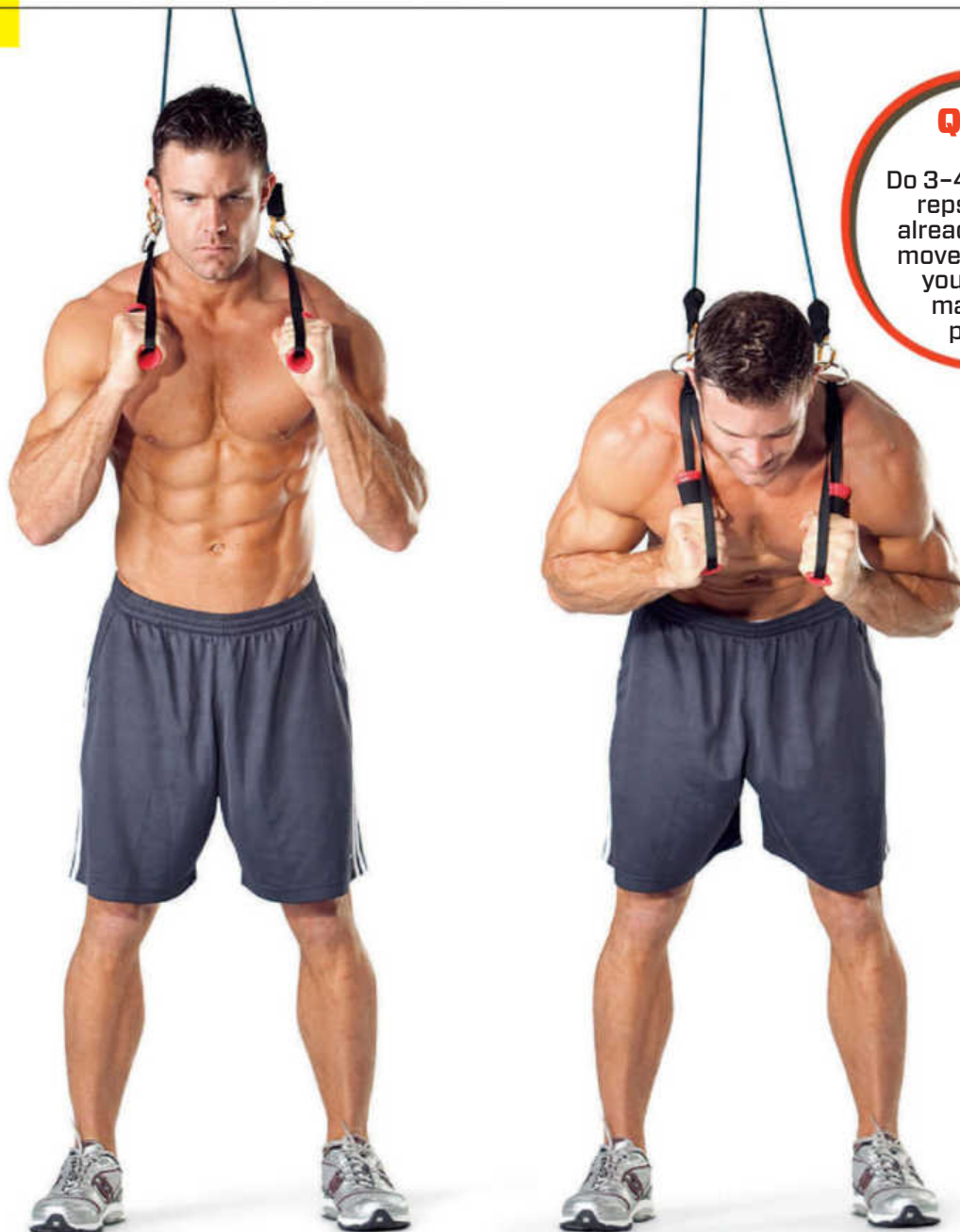


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## QUICK TIP

Do 3–4 sets of 6–8 reps. If you're already lean, this move will thicken your abs and make them pop out.

# Take a Stand

Band crunches done standing work more core muscle and skyrocket your squat and deadlift numbers. **BY SEAN HYSON, C.S.C.S.**

## HOW TO DO IT STANDING CRUNCH

**1 LOOP A BAND** over a sturdy object and hold an end in each hand. (You can also use a rope handle on a cable machine.) Stand with feet shoulder-width apart or a bit wider so you feel stable.

**2 BRACE YOUR ABS** and crunch your head toward your hips, pulling the band down. Breathe out on the way down and control as you slowly return to the start.

## CORE CRUSHER

Standing crunches work your abs from a position that's very similar to how you set up for squats and deadlifts, so the core strength that carries over is immense.





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# Sweat Every Day



**QUICK TIP**  
To get a taste for McCullough's style, turn regular pushups into T-pushups (shown) to engage your core.

Injury forced former Florida linebacker **TODD MCCULLOUGH** to rethink his training—and his results have never been better. **AS TOLD TO MATT TUTHILL**

**I GREW UP A BIG** Florida University fan and got to see that childhood dream of playing for them come true. I always lifted heavy. In high school I benched 335, but injuries started to pile up in college. I've had three knee surgeries and two shoulder surgeries. I knew something had to change, but if I didn't sweat every day, I'd go insane. So I started playing around with yoga, and my body started to feel great.

At the same time, I started to lose muscle hardness and definition. I didn't look as ripped as I had been.

Over the next few years, I merged yoga and resistance training. What I came up with was a series of 20-minute workouts you can do on a yoga mat.

Try the workouts and they'll really kick your ass and you'll feel better. You're going to take your whole body through full ranges of motion, and you'll be much better off for it.

Everyone should ask themselves, "Am I developing functional strength?" It's one thing to isolate a muscle, but we don't move like that. You need to use the whole body.

## THE WORKOUT

**DIRECTIONS:** Complete this circuit five times through, resting as little as possible.

EXERCISE	REPS
Downward Dog Pushup*	15
Squat Jump	15
Plank to Elbows-Knees**	10***
Lunge to Kick	10***

\*From a pushup position, pike your hips in the air, then flatten out, do a pushup, and repeat.

\*\*From a plank position, alternate bringing your opposite elbow and knee together, and squeezing your abs.

\*\*\*Per side.



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# What I've Learned

Four tips to fast-tracking your gains, based on my 15 years in fitness. **BY ADAM BORNSTEIN**



## MY EDITORS ASKED

me to condense my entire training philosophy into what you see here, and while I couldn't really do that, I did arrive at four important take-homes that, if followed, will serve up consistent gains and fewer setbacks throughout your training life.

## ADAM'S FOUR TIPS

### 1 THINK FIRST, LIFT SECOND.

Make sure your training is balanced and pays attention to your weaknesses. If you always do more pushing exercises than pulling ones, you know where to start.

### 2 APPRECIATE EVERY FIVE POUNDS.

All of strength training boils down to progressive overload. If you focus on adding five pounds to a lift each time you train it, you'll see big gains.

### 3 FAILURE BRINGS FAILURE.

If you can't add five pounds, you're going too hard. Never train to the point where you can't perform a rep with good technique.

### 4 DON'T SKIP CARDIO.

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# By Example

Trainer and bodybuilder **MAIK WIEDENBACH** stays true to his athletic roots. **BY MARK BARROSO**

**AS AN OLYMPIC-LEVEL** swimmer from Germany, Maik Wiedenbach lifted weights four to five times a week to improve performance. After moving to the U.S., he began bodybuilding.

"When I started training people, I wanted to lead by example so I started competing," Wiedenbach says. The former Musclemania champ adds

sets and weight each session for four to five weeks, deloads for two weeks, and repeats that cycle. "I train heavy going into a show," Wiedenbach says. "That's the only way I keep muscle." To stay lean year-round, he eats zero carbs on non-training days, relying on almond butter to beat cravings.

His leg workout at right yields a mature, balanced physique.

## MAIK DEBUNKS 3 FITNESS MYTHS

### MYTH 1

**DON'T EAT CARBS AT NIGHT**

**FACT:** Total calories matter more than timing. Too many carbs causes weight gain.

### MYTH 2

**HIGH REPS EQUAL MORE SIZE**

**FACT:** The 6- to 12-rep range, combined with excess calories, is great for size.

### MYTH 3

**YOU MUST DO CARDIO TO LOSE FAT**

**FACT:** Cardio helps by burning extra calories, but you need to refine your diet for fat loss.

## WIEDENBACH'S LEG WORKOUT

**DIRECTIONS:** Do A1-A3 as a triset, resting 45 seconds between sets. Rest 3 minutes after A3.

EXERCISE	SETS	REPS
<b>Barbell Box Squat</b>	4	5
<b>A1) Elevated Barbell Squat*</b>	3	10
<b>A2) Barbell Squat</b>	3	10
<b>A3) Wide-stance** Barbell Squat</b>	3	10
<b>Sissy Squat</b>	3	12
<b>Leg Press</b>		
<b>Machine Calf Raise</b>	8	15

\*Elevate each heel on a 2.5-pound plate.

\*\*Feet are outside shoulder-width apart.

## THE STATS

AGE	HEIGHT	WEIGHT
<b>39</b>	<b>6'2"</b>	<b>230 lbs</b>

### RESIDENCE

**New York City**

### WEBSITE

**maikwiedenbach.com**



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# Blow Up Your Bench



All-natural powerlifter **GREG NUCKOLS** gives you the road map to bench-press more than ever.

**TO TRULY UNLOCK** your full potential, everyone needs a scientifically backed program that ensures results. If you're a raw, drug-tested powerlifter, the efficacy of your programming becomes even more important. That's why we consulted Greg Nuckols for this month's strength program. In 2013,

Nuckols set a raw, drug-tested powerlifting total of 1,885 at a body weight of 242. Suffice it to say that Nuckols' programming is airtight, just like the bench program he presents here. Best of all, it's so simple you could start doing it right now without changing everything else in your routine.

**"UNLIKE TRAINING FOR SIZE, STRENGTH TRAINING IS LIKE SPRINTING," NUCKOLS SAYS. "WHEN QUALITY BREAKS DOWN, THAT PART OF THE WORKOUT IS OVER."**

## NUCKOLS' BENCH PROGRESSION

**DIRECTIONS:** Other lifts in your program are unaffected. This includes working sets, not warmup sets.

**1 HOW MUCH WEIGHT:** Use a load between 80% and 85% of your one-rep max.

**2 HOW MUCH REST:** As needed between sets so you can put forth maximum effort in each set, Nuckols says.

WEEK	SETS	REPS
1	4	2
2	6	2
3	8	2

"I would max out no more than every three to four cycles [10-12 weeks] Nuckols says. "You can expect a 10- to 15-pound PR when you do."



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## 1 FOOD, 5 WAYS

Enjoy these five simple and delicious ways to cook with coconut, p84.

## 15-MINUTE FEAST

Introducing monkfish: the protein-packed, affordable alternative to lobster, p86.

# EAT

WHAT'S IN THE FRIDGE THIS MONTH

# Fueled by Fat

Hitting a weight-loss plateau?  
A ketogenic diet could  
be the answer.

BY MARK BARROSO

THE KETOGENIC  
DIET EXPLAINED







## DEEP-DISH KETO PIZZA

YIELDS 9 SERVINGS

### CRUST:

- 6 eggs, separated
- ½ tsp cream of tartar
- ½ cup unflavored whey/egg-white protein powder
- 3 oz cream cheese, softened (or reserved yolks if dairy-free)
- Coconut oil spray

### OPTIONAL TOPPINGS:

- Low-sugar marinara sauce
- Spices
- Organic chicken sausage
- Mushrooms
- Peppers
- Mozzarella/feta/goat cheese
- Olives

1. Preheat oven to 375°F. Separate eggs and whip the whites and cream of tartar until very stiff. Slowly sift in protein powder to the whites.
2. Using a spatula, gently fold the cream cheese into the whites.
3. Spray a lasagna pan or cast-iron skillet with coconut oil spray and spoon mixture into it. Bake for 18 minutes.
4. Remove from oven; top with your favorite pizza toppings and cheese.
5. Return to oven; bake until cheese melts.

### NUTRITION PER SERVING

161	13g	2g	11g
CALORIES	PROTEIN	CARBS	FAT

**I'm considering the ketogenic diet, but I'm worried I'll feel tired and have a ton of cravings. Is there a right way to do it?**

—SCOTT SHIPANIK, VIA FACEBOOK

**A:** **TO START ANY KETOGENIC DIET,** you need to cut carbohydrates. By how much? Recent research defines a ketogenic diet as one with less than 50 grams of carbs per day. This brings your body into nutritional ketosis, in which it primarily uses ketones, or fatty acids, for energy. According to Jeff S. Volek, Ph.D., R.D., this occurs when you're producing 0.5 to 3.0 mmol/L of ketones. Urine strips and handheld breath analyzers can be used to measure ketone levels, but if you're keto-adapted, you'll know.

"Keto-adapted means you oxidize dietary and stored fat for energy instead of glucose," says Maria Emmerich, nutritionist and author of *The Ketogenic Cookbook*. "If you

can handle skipping a meal, intermittent fasting, and go hours without carb cravings, you're likely keto-adapted."

Emmerich's macronutrient guidelines for a ketogenic lifestyle are 0.5 to 1 gram of protein per pound of lean body mass, less than 10 grams of carbs, and about 80% of calories from fat, which doesn't leave much room for grains or fruit. To quell performance concerns, a 2012 *Journal of the International Society of Sports Nutrition* study found that elite gymnasts who ate 22 grams of carbs for 30 days lost fat mass and built muscle without losing strength. Recent research in *Obesity Reviews* found that people feel fuller while on ketogenic diets compared with

when they ate their normal calories.

Before ridding your kitchen of starch, take the following precautions to alleviate side effects such as headaches, cramps, or fatigue. Drink at least half your body weight in ounces of water daily, Emmerich suggests. Next, consume extra sodium and potassium.

"When your body reaches ketosis, the liver releases a lot of sodium and water, so you need more salt," Emmerich says. "Bone broth is my favorite way to add sodium; it's filled with minerals."

The ketogenic diet even has some delicious recipes, like Emmerich's deep-dish keto pizza, shown above.



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# Nature's Edge

Sprouting your grains unlocks their full potential.

BY MARK BARROSO

**WHEN IN DOUBT**, start to sprout. Sprouted grains—or partially grown grains—are deemed superior to their standard counterparts for a variety of reasons, including improved bioavailability of nutrients and increased antioxidant capacity. Under the right temperature and moisture conditions, a grain grows thin sprouts and begins to germinate into a plant. Instead of letting the sprout grow into a plant, you can eat or process the grain in its early stages to reap the benefits.

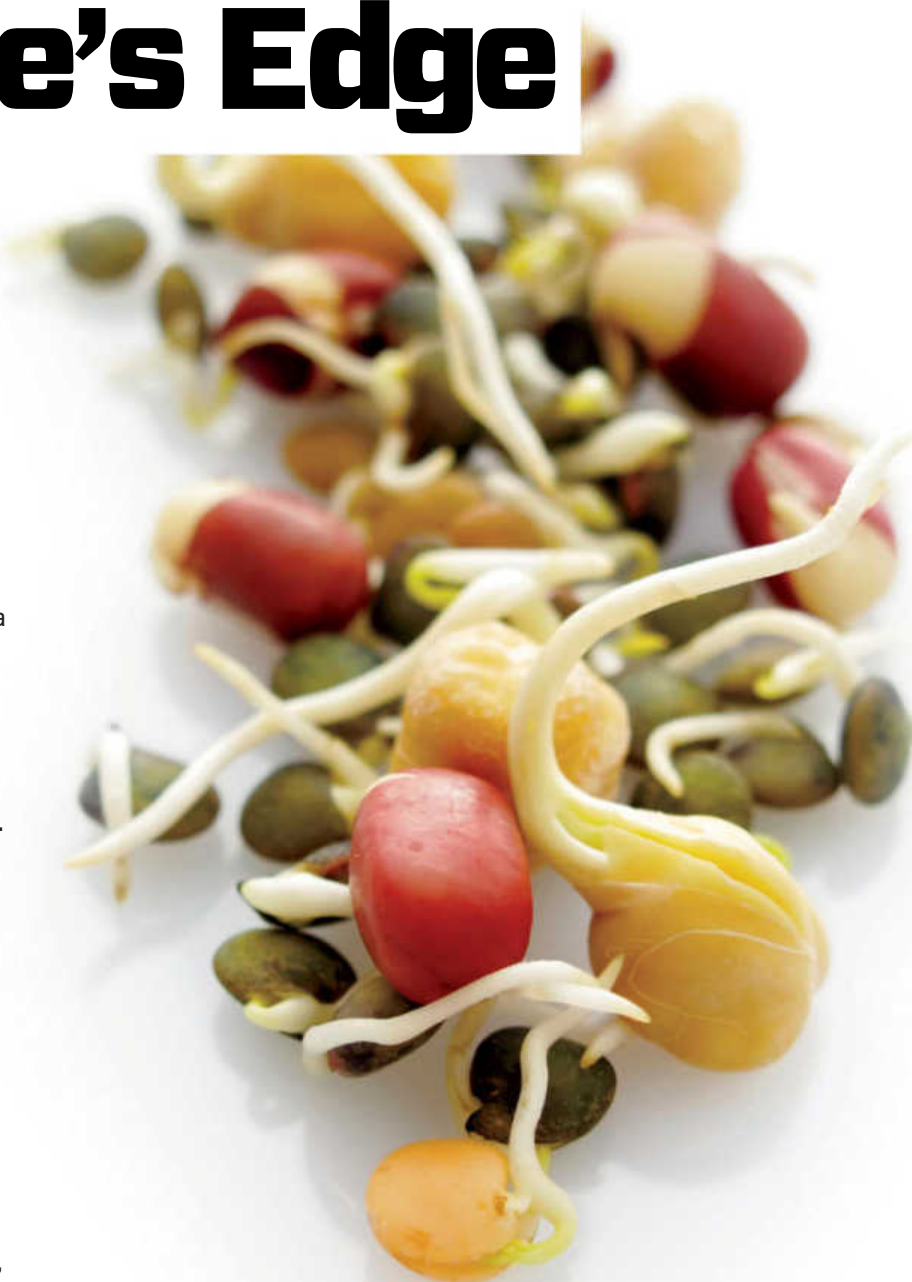
"The sprouting process makes the nutrients in the grains more highly absorbable, meaning the body doesn't have to work as hard to break them down," says Jessica Cording, M.S., R.D. "This makes sprouted grain bread a great choice for promoting optimal digestion and muscle growth."

Further, a 2014 *International Journal of Food Science and Technology* study found that sprouted grains have more than double the vitamin E content, 19% more niacin, and 50% more riboflavin than unsprouted grains.

So how do you sprout? Cording says to place the grains in a strainer or colander, then rinse and drain. Then place grains in a bowl, cover with water, and soak overnight.

Next, drain and rinse the grains again, and finally soak in a covered jar for one to five days. Eat the grains raw, cook them, or dry them in a dehydrator, low-temperature oven, or in the sun before grinding into flour.

Wheat berries, quinoa, millet, barley, and lentils are some options for at-home sprouting. If you're looking for super-market sprouts, Food For Life's Ezekiel 4:9 bread is popular, and the brand also makes sprouted pasta, tortillas, and more. Way Better Snacks makes sprouted grains chips, and Nate's Raw Harvest has sprouted almond butter.



## SPROUTED GRAIN PANCAKES

MAKES 12 PANCAKES

- 2 cups sprouted grain flour such as Arrowhead Mills, PureLiving, or King Arthur
- 2 eggs
- 2 cups milk
- 1 tbsp baking powder
- Salt
- Coconut oil

1. Mix flour, eggs, milk, baking powder, and a pinch of salt until batter forms. Allow to sit for a few minutes.
2. Grease skillet with coconut oil.
3. Spoon batter onto skillet. Cook until browned on each side, flipping partway through.
4. Serve with desired toppings, such as fruit, chopped nuts, or nut butter.

### NUTRITION PER SERVING

85 CALORIES	4g PROTEIN	11g CARBS	3g FAT
----------------	---------------	--------------	-----------

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### BALANCE IT OUT

Always pair meat with veggies to add nutrients and fiber. Arugula goes well with skirt steak.

## CHURRASCO STEAK

MAKES 2 SERVINGS

# A Cut Above

This churrasco grilled skirt steak is tender, bursting with flavor, and loaded with protein.

- 1 lb skirt steak, cleaned by butcher
- 1 tbsp unsalted butter
- 1 tbsp lime juice
- 1 tsp chopped fresh rosemary
- 1 tsp kosher salt
- 1 tsp ground black pepper

3. Melt butter about halfway in microwave or over the heat of the grill.

4. Add lime juice, rosemary, and salt to the half-melted butter. Brush steaks with

- butter mixture and allow to sit for 15 minutes.

5. Season steaks with salt and pepper, then grill to desired doneness. Serve immediately.

1. Preheat grill to high heat.
2. Cut steak into 2 portions (8 oz each).

#### NUTRITION PER SERVING

**526**  
CALORIES

**61g**  
PROTEIN

**3g**  
CARBS

**29g**  
FAT

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**REFUEL**

A 2012 study found that coconut water contains 1,500mg/liter of potassium compared with 300mg/liter in sports drinks.

# Coconut

Enjoy healthy, satisfying fat with these five easy-to-make dishes.

BY CHRISTIAN COATES

**1****MAKE BEEF CURRY**

Add 1 tsp coconut oil to a pan over medium heat. Add 10 oz beef chuck and cook until browned. Add  $\frac{1}{3}$  onion,  $\frac{1}{2}$  oz red chili, and  $\frac{1}{2}$  tsp each cumin and garlic. Cook 10 minutes on low. Add 1 tsp honey, 3 oz water, and  $\frac{2}{3}$  cup chopped tomatoes. Simmer until beef is tender, stir in  $\frac{3}{2}$  oz coconut milk, and cook 3 minutes.

**2****USE IT AS BREADING**

Coat 7 oz chicken breast in 1 tbsp coconut milk. Mix 2 tsp breadcrumbs with 2 tsp dehydrated coconut and roll chicken in mix. Place chicken on a baking tray and bake 12-15 minutes at 350°F. Blend  $\frac{1}{2}$  tsp coriander, 1 tsp each cashews and mango chutney, and 4 tsp coconut yogurt until smooth. Use mixture as a dip.

**3****ADD IT TO QUINOA**

Rinse  $\frac{1}{2}$  cup tricolored quinoa under cold water in a colander, then add it to a pan or pot of boiling water. Cook for 15 minutes, drain, and allow to cool. In a bowl, combine quinoa with 1 tbsp chopped stem ginger,  $\frac{1}{3}$  cup quartered lychee, and  $\frac{4}{2}$  oz coconut milk. Serve.

**4****BLEND A PROTEIN PINA COLADA**

Blend 5 oz coconut milk, 4 oz coconut water,  $\frac{3}{2}$  oz pineapple juice, a small banana, and 4 tbsp unflavored whey protein powder, and blend until very smooth. The shake keeps for 24 hours in the refrigerator.

**5****BAKE A COCONUT MUFFIN**

Oil a 12-count muffin tin with coconut oil. In a bowl, combine  $2\frac{1}{2}$  cups almond flour, 1 tbsp coconut flour,  $\frac{1}{2}$  tsp salt,  $\frac{1}{2}$  tsp baking soda, and stir. Pour in  $\frac{1}{4}$  cup coconut oil, 2 eggs,  $\frac{1}{4}$  cup maple syrup,  $\frac{1}{4}$  cup coconut milk, and mix well. Add 1 cup blueberries and 2 tbsp cinnamon. Pour batter into tin and bake for 25 minutes at 350°. Cool and enjoy!



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# Plenty of Fish

You have two choices when it comes to fish: tuna or salmon, right? They're easy to find and prepare. But monkfish has low mercury and high protein—16 grams in a three-ounce serving—making this meal a worthy sub.

BY NICOLE DONNELLY



## BEGGAR'S BANQUET

Monkfish's texture is similar to lobster, but it's inexpensive. It's often referred to as "poor man's lobster."

## SPANISH MONKFISH

YIELDS 1 SERVING

- 2 tsp + ¼ tbsp olive oil
- ½ clove garlic
- 3½ oz canned diced tomatoes
- 1 pinch salt and black pepper
- 6 oz monkfish
- ½ tbsp fresh parsley, chopped

1. Preheat oven to 425°. Place a skillet over medium heat and add 2 teaspoons oil. Add garlic, reduce heat to medium-low, and cook 2 minutes.
2. Add tomatoes with juice and salt and pepper. Simmer 20 minutes.

3. While sauce cooks, brush fish with remaining oil and season well with salt and pepper. Bake until just done in the center, 12–15 minutes.
4. Add parsley to sauce, season to taste with salt and pepper, and remove from

heat. Spoon sauce over fish and serve.

### NUTRITION PER SERVING

296 CALORIES	33g PROTEIN
5g CARBS	16g FAT

FOOD STYLING BY EUGENE JHO



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# 60 DAY REVOLUTION

TAKE A GOOD LOOK IN THE MIRROR RIGHT NOW AND SAY GOODBYE TO WHAT YOU SEE. SIXTY DAYS FROM TODAY, YOU'LL BE STRONGER, LEANER, AND SMARTER ABOUT HOW TO PROGRAM FOR YOURSELF—AND YOU WON'T RECOGNIZE THE PERSON LOOKING BACK AT YOU.

**PRESENTED BY JAMES GRAGE AND THE EDITORS OF *M&F***

## IT'S ALL IN THE NAME.

Because a revolution changes everything, suffice it to say ambition wasn't in short supply when we designed the 60 Day Revolution.

Spearheaded by James Grage, co-founder of BPI Sports and the model you'll see on these pages, the 60 Day Revolution is the result of a collaboration between Grage, *M&F*'s editors, and advisers Nerijus Bagdonas, Kyle Hunt, and Jim Sayih.

The program is aimed at building muscle and strength while slashing fat in short order, but that's only the

beginning. The 60 Day Revolution was built around the idea that a truly great training program needs to be more than the end result it produces. Because plateauing with any given program is unavoidable if you don't change things up or move on to another plan entirely, you'll always be at the mercy of finding a new program—unless, of course, you learned to program for yourself, which is exactly what you'll learn to do here.

This program doesn't lock you into specific exercises. Rather, we show you which movement patterns must be trained in each session and provide exercises to choose from.

For example, it's not necessary for everyone to barbell bench-press, but for overall development, it is necessary to do a horizontal press of some kind. Once you see the categories that need to be filled in and how to undulate intensity, you'll learn to program for the long-term. As the old saying goes, "Give a man a fish and you feed him for a day. Teach a man to fish and you feed him for life." We aimed to set you on your own self-sustaining path with an effective training and nutrition program—including motivation from top experts to keep you pushing. And yes, you'll get positively jacked in just 60 days.

## THE WORKOUT WARMUP

**DIRECTIONS:** Perform the following warmup as a circuit before all workouts.

EXERCISES	REPS
Shoulder Mobility*	10
Side Bend	10 each side
Trunk Rotation	10 each side
Yoga Pushup**	10
Band Pull-apart	10

\*You can use arm circles, face-pulls, or the shoulder mobility exercise of your choice.

\*\*Perform a normal pushup, then in the top position form a pike upward with your hips; your body will form a triangle with the ground. Keep your back flat and legs straight.

## DAY I: UPPER BODY

### REP GUIDELINES FOR UPPER-BODY DAY

There are a wide variety of sets and reps used for each phase of the 60 Day Revolution. Refer to the chart below on Day I during each week of the program. All sets and reps are expressed as sets x reps. For instance, on Week 1 (Intro) on Triset No. 1, you'll do 3 x 10, or 3 sets of 10. Use the heaviest weights you can manage with good form, except in Week 7; this is a deload and meant as a break before Week 8, the Shock phase.

WEEK	TRISSET NO. 1	TRISSET NO. 2	TRISSET NO. 3
1: INTRO	3 x 10	3 x 10	4 x 8-12
2: BASE	4 x 8	4 x 10, 8, 6, 4	4 x 8-12
3: OVERLOAD	4 x 10, 8, 6, 4	4 x 8	4 x 8-12
4: OVERLOAD	5 x 5	4 x 10, 8, 6, 4	4 x 8-12
5: OVERLOAD	6 x 3	5 x 5	4 x 8-12
6: OVERLOAD	6 x 10, 8, 6, 4, 4, 3	6 x 3	4 x 8-12
7: DELOAD	4 x 6-10	4 x 6-10	4 x 8-12
8: SHOCK	7-10 x 1	7-10 x 1	4 x 8-12

### LOVE DISCOMFORT

"We're conditioned that if we're uncomfortable something is wrong," says sports psychologist Jim Afremow, Ph.D. "Breathe into the discomfort and realize pleasure and pride are on the other end."







## TATE PRESS

Lie on a bench with a pair of dumbbells pressed up. Bend your elbows so the weights come down to your chest. Extend your arms back to the top.



## IT'S ALL IN YOUR HEAD

"The only limitations you really have are your imagination and determination," says former SEAL commander Alden Mills.

**DIRECTIONS:** Each workout consists of three trisets. Don't rest between exercises in a triset, and rest only 90 to 120 seconds at the end of each triset. In each category, choose one exercise and stick with it for that day; you can change it in subsequent workouts.

### TRISSET NO. 1

CATEGORY	EXERCISES
Heavy Vertical Pull (choose one)	- Pullup - Chinup - Lat Pulldown
TRISSET WITH	
Horizontal Push (choose one)	- Barbell Bench - DB Bench - Alternating DB Bench
TRISSET WITH	
Frontal Core (choose one)	- Hanging Leg Raise - V-up - Cable Crunch

### TRISSET NO. 2

CATEGORY	EXERCISES
Horizontal Pull (choose one)	- Barbell Bentover Row - DB Row - Seated Row - T-bar Row
TRISSET WITH	
Heavy Vertical Push (choose one)	- Barbell or DB Push Press - Barbell or DB Military Press - Landmine Press
TRISSET WITH	
Lateral or Posterior Core (choose one)	- Pallof Press - Cable Woodchop - Single-leg Hyperextension - Superman

### TRISSET NO. 3

CATEGORY	EXERCISES
Biceps (choose one)	- Hammer Curl - Barbell Curl - Supinating DB Curl - Rope Cable Curl
TRISSET WITH	
Triceps (choose one)	- Close-grip Bench Press - Triceps Dip - Diamond Pushup - Tate Press
TRISSET WITH	
Rotator Cuff (choose one)	- Face-pull - Band Pull-apart - Cuban Press

## DAY II: LOWER BODY

### REP GUIDELINES FOR LOWER-BODY DAY

Refer to the chart below during each week of the program. All sets and reps are expressed as sets x reps. Use the heaviest weights you can manage with good form during all weeks, except for Week 7; this is a deload and meant as a break before you hit Week 8, the Shock phase, in which you'll use the heaviest possible weights that you can lift.

WEEK	SUPERSET NO. 1	SUPERSET NO. 2	HIP HINGE
1: INTRO	3 x 10	3 x 10	3 x 10
2: BASE	4 x 8	4 x 6	3 x 10, 8, 6
3: OVERLOAD	4 x 5	4 x 8	3 x 10
4: OVERLOAD	5 x 5	4 x 10, 8, 6, 4	3 x 10, 8, 6
5: OVERLOAD	4 x 3	4 x 5	3 x 8
6: OVERLOAD	5 x 8, 6, 4, 4, 3	4 x 6	3 x 10
7: DELOAD	3 x 6	3 x 6	3 x 6
8: SHOCK	5 x 2	5 x 3	4 x 3

**DIRECTIONS:** Each workout consists of two supersets and a single lift (a hip hinge) performed in straight sets. Where you have exercises to choose from, pick one exercise for that particular day and stick with it; choose a different exercise the following week.

### SUPERSET NO. 1

CATEGORY	EXERCISES
Double-leg Push (choose one)	- Back Squat - Front Squat - Goblet Squat
SUPERSET WITH	
Active Recovery	- Passive Hang (30-60 seconds)

### SUPERSET NO. 2

CATEGORY	EXERCISES
Heavy Single-leg Push (choose one)	- Barbell Back Lunge - Barbell Front Lunge - Stepup
SUPERSET WITH	
Active Recovery	- Primal Squat

### HIP HINGE

EXERCISES	
(choose one)	- Romanian Deadlift - Single-leg Deadlift

### OPTIONAL SUPERSET

EXERCISES	SETS
- Sled Drag (30 yards)	3
SUPERSET WITH	
- Sled Push (30 yards)	3

### BREAK IT DOWN

"Most people throw a goal into one big heaping dose, and then they get frustrated and give up because it's too overwhelming," Mills says. "When you start defining the elements of the goal and breaking it down into bite-size pieces that you can complete each day, the goal becomes manageable."

JONATHAN DELGADO







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## ALTERNATING DB BENCH

Lie down on a bench with a pair of dumbbells at your shoulders. Press the dumbbells up, one arm at a time, alternating for equal reps on each side.



**DIRECTIONS:** Perform all supersets according to rep guidelines. When the supersets are complete, choose one finisher. Time your finishers from week to week to measure improvement.

### SUPERSET NO. 1

#### CATEGORY

Deadlift

#### SUPERSET WITH

Push Press

### SUPERSET NO. 2

#### CATEGORY

Barbell Lunge

#### SUPERSET WITH

Pullup or Lat Pulldown

### FINISHER

**Directions:** Pick A, B, or C and do it AFAP (as fast as possible).

#### CATEGORY

##### A: Full-body Circuit:

Perform three times through.

- 1) Alternating DB Bench x 10
- 2) Inverted Row x 12
- 3) Squat Jump x 20

**B: Squat Matrix:** Perform one time through. Perform 24 reps for each exercise. Finish all reps for each exercise before moving on.

- 1) Body-weight Squat
- 2) Walking Lunge
- 3) Split Squat Jump
- 4) Squat Jump

##### C: Row 500 Meters:

Set a pace that will allow you to finish in under two minutes.

## DAY III: FULL BODY

### FULL-BODY DAY REP GUIDELINES

**DIRECTIONS:** Refer to the chart below during each week of the program. All sets and reps are expressed as sets x reps. Use the heaviest weights you can manage with good form during all weeks, except for Week 7; this is a deload. In Week 8, you'll use the heaviest possible weights that you can lift.

WEEK	SUPERSET NO. 1	SUPERSET NO. 2	FINISHER
1: INTRO	3 x 10	3 x 10	*
2: BASE	4 x 8	4 x 6	*
3: OVERLOAD	4 x 5	4 x 8	*
4: OVERLOAD	5 x 5	4 x 10, 8, 6, 4	*
5: OVERLOAD	4 x 3	4 x 5	*
6: OVERLOAD	5 x 8, 6, 4, 4, 3	4 x 6	*
7: DELOAD	3 x 6	3 x 6	*
8: SHOCK	5 x 2	5 x 3	*

\*Finisher instructions provided at right.



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<sup>1</sup>Subjects combining the core ingredients in MuscleTech® Premium Whey Protein Plus (creatine and whey protein) with a weight training program gained 70% more lean muscle than subjects using regular whey protein (8.8 vs. 5.1 lbs.). Read label before use. © 2015



## DAY IV: CONDITIONING

**DIRECTIONS:** On each conditioning day, pick one session: Outdoor Sprint, Indoor Sprint, or Rowing Machine, and use the rep guidelines provided for that week. Perform one conditioning day per week. If you have a lot of fat to lose, bump it up to two conditioning days per week. Note that Week 7 conditioning is 30 minutes of steady-state cardio at moderate intensity. There is no conditioning workout in Week 8, though you can perform Week 7's steady-state cardio session if desired.

### OUTDOOR SPRINT

**DIRECTIONS:** Perform each sprint workout as a circuit. Sprint, immediately follow it with an active recovery walk, then when the time is up, sprint again until all rounds are complete.

WEEK	ROUNDS	INTENSITY	ACTIVE RECOVERY
1: INTRO	6	15- to 30-second sprint	1- to 2-minute walk
2: BASE	7	15- to 30-second sprint	1- to 2-minute walk
3: OVERLOAD	8	15- to 30-second sprint	1- to 2-minute walk
4: OVERLOAD	9	15- to 30-second sprint	1- to 2-minute walk
5: OVERLOAD	10	15- to 30-second sprint	1- to 2-minute walk
6: OVERLOAD	10	15- to 30-second sprint	1- to 2-minute walk

### INDOOR SPRINT

**DIRECTIONS:** Perform each sprint workout as a circuit. Sprint, then immediately bump down the treadmill speed to follow it with an active recovery walk. Keep the treadmill at a moderate incline for the duration of the workout.

WEEK	ROUNDS	INTENSITY	ACTIVE RECOVERY
1: INTRO	8-12	20-second sprint	40-second walk
2: BASE	12-15	15-second sprint	45-second walk
3: OVERLOAD	10	30-second sprint	90-second walk
4: OVERLOAD	30	10-second sprint	20-second walk
5: OVERLOAD	8-12	20-second sprint	40-second walk
6: OVERLOAD	12-15	15-second sprint	45-second walk

### ROWING MACHINE

**DIRECTIONS:** Perform each rowing workout as a circuit; row the indicated amount as fast as possible (AFAP), rest for the indicated amount, then immediately start your next round.

WEEK	ROUNDS	INTENSITY	REST
1: INTRO	5	500m, AFAP	2 minutes
2: BASE	5	500m, AFAP	2 minutes
3: OVERLOAD	5	500m, AFAP	90 seconds
4: OVERLOAD	5	500m, AFAP	90 seconds
5: OVERLOAD	6	500m, AFAP	90 seconds
6: OVERLOAD	6	500m, AFAP	90 seconds



## NUTRITION AND SUPPS

At [muscleandfitness.com/60DayRevolution](http://muscleandfitness.com/60DayRevolution), you'll find the M&F food pyramid, meal plans, and supp advice. Instead of the specific supplement stacks, we provided guidelines. Why? Grage explains that the 60 Day Revolution wasn't built to sell you BPI products. "I don't see BPI as just a supplement company," he says. "We're a health and fitness company that helps people transform their lives. Supplements are just one part of the equation. To truly help people achieve their fitness goals we need to arm them with the right tools. That's why BPI partnered with M&F on this program. It was a natural fit."

JONATHAN DELGADO





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## DAY V: CHALLENGE DAY

**DIRECTIONS:** In each week, perform the challenge workout provided. Share your results on social media to compare times and scores with the hashtag #60dayrevolution. **MEF**

### KB WINDMILL

Press a kettlebell overhead with your right arm. Stick your right hip out to the side and bend down to touch the floor with your left hand. Repeat on the opposite side.



**JAMES GRAGE** will be featured in the *60 Days* video series to accompany this program. Follow along as Grage takes regular folks through the 60 Day Revolution and changes their lives forever: [muscleandfitness.com/60DayRevolution](http://muscleandfitness.com/60DayRevolution)

### WEEK 1:

#### KETTLEBELL CIRCUIT

**DIRECTIONS:** Perform the following circuit three times through. Use a 16kg kettlebell and record your total time.

EXERCISES	REPS
Kettlebell Swing	20
Clean and Press	10
KB Windmill	5*
Turkish Getup	5*
Goblet Pause Squat	10
Russian Twist	20

\*Each side

### WEEK 2:

#### BODY-WEIGHT MAXES

**DIRECTIONS:** Record your total reps for pullups and pushups and total time for V-ups.

EXERCISES	REPS
Pullup	Max reps in 6 sets
Pushup	Max reps in 6 sets
V-up	50

### WEEK 3: TABATA INTERVALS, PART I

**DIRECTIONS:** Perform eight rounds of 20-second intervals with all-out effort, then 10 seconds of rest.

EXERCISES	
Pullup	Pushup
Situp	Inverted Row
Lunge	

### WEEK 4: TABATA INTERVALS, PART II

**DIRECTIONS:** Perform eight rounds of 20-second intervals with all-out effort, then 10 seconds of rest.

EXERCISES	
Pullup	Pushup
Situp	Inverted Row
Lunge	Plank

### WEEK 5: 21-15-9

**DIRECTIONS:** Perform three rounds, doing 21 reps of everything in the first round, 15 in the second, and nine in the third. Record your time.

EXERCISES	
Inverted Row	Kettlebell Swing (16kg)
Squat Jump	

### WEEK 6: COUNTDOWN

**DIRECTIONS:** Work the two exercises as a superset, working from 10 reps down to one. Record your time.

EXERCISES	
Chinup	Dip

### WEEK 7: PUSHUPS & TUCK JUMP PYRAMIDS

**DIRECTIONS:** Perform three pushups, then one tuck jump in Round 1. Continue to stack three and one to each subsequent round: six pushups and two tuck jumps in Round 2, nine pushups and three tuck jumps in Round 3, etc. Work as high as you can until you reach failure on pushups, then work backward, removing three and one in each round until you get back to the reps for Round 1.

### WEEK 8: THE 50-REP CLUB

**DIRECTIONS:** Perform 50 reps for each of the following moves. Use a 16kg kettlebell for the moves that require it. Record your total time.

EXERCISES	
Goblet Squat	Kettlebell Swing
Inverted Row	Kettlebell High Pull
Pushup	Decline Situp



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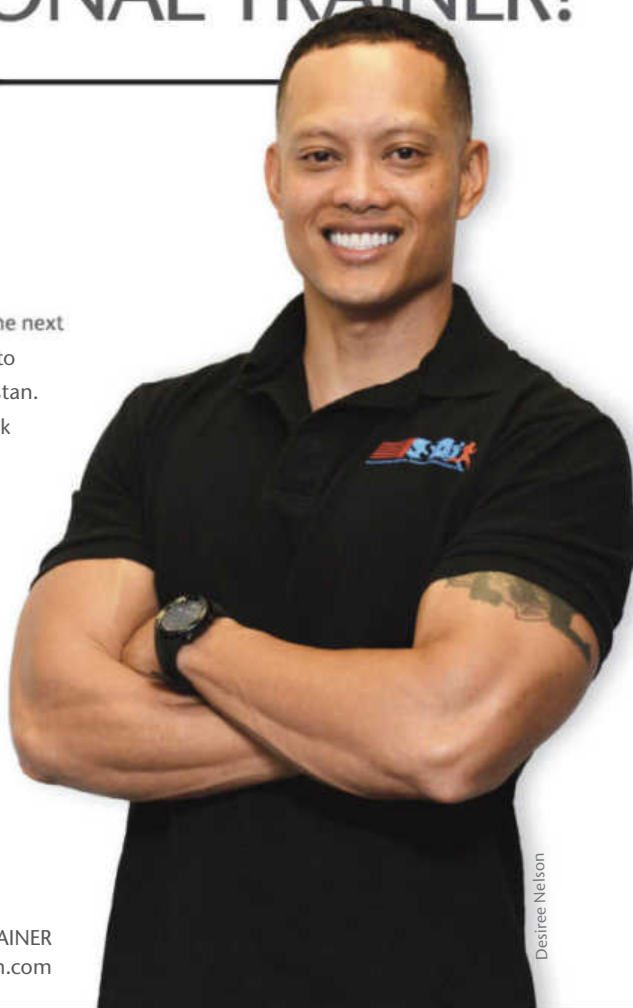
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As an ISSA Ambassador sharing experiences at Fitness Expos like the Olympia and Arnold Classic is an important way of connecting to those in the fitness industry. I believe the health and fitness of our society can continually be improved through the success of our personal trainers."

—Jason Pierce, ISSA MASTER TRAINER  
solarultimatenutrition.com



Desiree Nelson

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**BY SCOTT HERMAN PHOTOGRAPHS BY EDGAR ARTIGA**







# W



## **WAKE UP, EAT, COMMUTE,**

work...Wake up, eat, commute, work... What happened to us? When did daily life become a metaphorical treadmill? When did the idea of working out become a literal one? Pushing your body's limits isn't something inherently dangerous; it's what we need, and it's what your body is craving whether you realize it or not. There is nothing like the feeling of exhilaration and accomplishment that can only come from leaving it all on the floor. An adventure race like a Tough Mudder can give you just that, but before you sign up, we've got the training program you need so you can tackle the course with proficiency—whether you're an adventure race rookie or a grizzled veteran.

In order to achieve your ultimate goal—which might be as simple as completing the course—preparation is key. No matter what race you participate in, you will be required to complete a variety of obstacles in which your strength, agility, and endurance will be put to the test. This includes running through mud, carrying heavy objects, crawling on all fours under barbed wire, dragging rocks, swimming, climbing over 10-foot walls, and, in some cases, being (slightly) electrocuted at the finish line. Whatever the variables might be, training hard is the only way to make it through intact (more or less).

## THE ADVENTURE RACE WORKOUT

The best way to train for adventure racing is to follow a routine that will challenge your strength and explosive power while simultaneously testing your cardiovascular endurance. This four-week program is designed to do exactly that. Ideally, you should perform some of the routines outside to replicate the conditions of an actual race, but if that is not a possibility, you can easily perform the entire program at your local gym. All you need is a timer and a few dumbbells. To train all energy systems, each day will focus on something different. Day 1 features Tabata-style circuits, Day 2 is pure strength training, Days 3 and 7 are active recovery, Day 4 is HIIT, Day 5 is high-volume training, and Day 6 is steady-state cardio via a long-distance run.



### DAY I: Tabata Circuits

**DIRECTIONS:** All Tabata circuits are done for 20 seconds on, 10 seconds off for the prescribed number of rounds. The number of rounds varies by week.

#### EXERCISES

Sit-through  
Mountain Climber  
Crunch  
Renegade Row

#### DAY I WORKOUT

WEEK	ROUNDS	TOTAL TIME
ONE	5	10 min.
TWO	6	12 min.
THREE	8	16 min.
FOUR	10	20 min.



### SANDBAG WALKING LUNGE

Lift up a heavy sandbag and then place it on your right shoulder. Next, step forward with your right leg while simultaneously lowering your body to the ground. Make sure that as you lower yourself you form 90-degree angles with your knees and your front knee does not pass your toes. Once fully descended, begin to step forward by pushing through your front heel and toes of your back foot and repeat with your left leg.

### DAY II: Strength

**DIRECTIONS:** In Week 1, rest 2½ minutes between sets. Cut 30 seconds off your rest time each week. In Week 2, rest 2 minutes, and so on.

#### DAY II WORKOUT

EXERCISE	SETS	REPS
Deadlift	5	12, 10, 8, 6, 4
Push Press	5	12, 10, 8, 6, 4
Sandbag Walking Lunge SUPERSET WITH Pullup	5	15 each side
Box Jump	5	15
Dip	5	15, 12, 10, 8, 6

### DAYS III & VII: Active Recovery

Perform 30 to 60 minutes of leisure activity such as walking, jogging, stretching, foam rolling, etc.



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**BOX JUMP**

Begin with your feet shoulder-width apart, standing tall in front of a box or bench. Drop your hips back and lower your arms as you squat. Once ready, explode through your legs and hips and quickly extend your arms up over your head for extra momentum. As you land on the box, plant your heels down firmly and absorb the landing by squatting. Next, stand up tall on top of the box and then step down carefully and repeat.

**RENEGADE ROW**

Get down into a pushup position while holding a dumbbell in each hand. Once in place, perform a pushup. As soon as you return to the starting position, row each dumbbell once before completing the next pushup.

**SIT-THROUGH**

From a pushup position bring your right knee in toward your chest while lifting your left arm off the ground, and sit so your chest is facing to the left. Kick your free leg out straight. Return to the pushup position and repeat on the opposite side.







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## DAY IV: Overload

**DIRECTIONS:** Perform all Day IV workouts in this order.

HIIT Part I:  
12 minutes

Circuit I

HIIT Part II:  
12 minutes (same as Part I)

Circuit II

### DAY IV HIIT PART I

WEEK	WALK (In seconds)	JOG (In seconds)
ONE	60	30
TWO	60	60
THREE	60	90
FOUR	60	120

### CIRCUIT I

**DIRECTIONS:** Perform the following exercises as a circuit. See Day IV Circuit Chart for reps.

#### EXERCISES

**Dumbbell Deadlift to  
Overhead Press**  
**Dumbbell Russian Twist**

### CIRCUIT II

**DIRECTIONS:** Perform the following exercises as a circuit. See Day IV Circuit Chart for rounds and reps.

#### EXERCISES

**Burpee**  
**Alternating Toe Touch**  
**Kettlebell Swing**

### DAY IV CIRCUIT CHART

WEEK	ROUNDS	REPS
ONE	2	12
TWO	2	15
THREE	3	12
FOUR	3	15

### ALTERNATING TOE TOUCH

Lie flat on the ground with your arms out to your sides and your feet together. Raise your left arm and right leg at the same time to touch. Repeat on the opposite side.



### DUMBBELL RUSSIAN TWIST

Sit on the floor and lean back so you are balancing on your glutes. Hold a dumbbell or medicine ball with both hands and begin to rotate side to side. Drive your elbows back as far as you can with each rotation to maximize core engagement.





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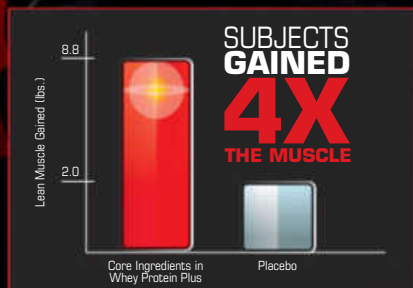
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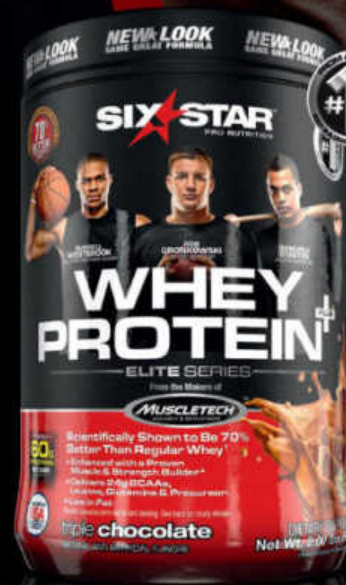
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### SPIDERMAN PUSHUP

Lower yourself to a pushup position. Next, begin to perform a traditional pushup. While you are descending, bring your right knee to your right elbow. As soon as your knee touches your elbow, return to the starting position and repeat on the other side.

### DAY V: Total-Body Circuit

**DIRECTIONS:** See the Day V Rep Chart for the round and rep counts. Rest only at the end of each circuit.

#### EXERCISES

Spiderman Pushup

Pullup

Dip

Alternating Jump Lunge

Hanging Leg Raise

#### DAY V REP CHART

WEEK	ROUNDS	REPS	REST
ONE	4	8	60 sec.
TWO	4	10	60 sec.
THREE	5	10	45 sec.
FOUR	5	12	45 sec.

### DAY VI: Long-Distance Run

**DIRECTIONS:** Run 4 to 8 miles. This is preferably done outside but can be done on a treadmill.

### ALTERNATING JUMP LUNGE

Jump in the air and land in a lunge position with your right foot forward and a 90-degree bend in both knees. Descend as far as you can and then explosively jump back into the air and land with your left foot forward and repeat. **REP**





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BY MATTHEW KADEY, M.S., R.D.  
PHOTOGRAPHS BY NICK FERRARI



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- 2 tbsp cocoa powder
- 1 tsp baking powder
- $\frac{1}{2}$  tsp baking soda
- Salt
- 1 large egg
- $\frac{3}{4}$  cup + 2 tbsp milk or buttermilk
- 1 tbsp instant espresso powder
- 1 tsp vanilla extract (omit if using vanilla protein powder)
- 1 tbsp unsalted butter
- $\frac{1}{3}$  cup unsalted nut butter, such as almond, hazelnut, or peanut
- $\frac{1}{2}$  cup whipped cream cheese
- 2 cups sliced strawberries

1) In a large bowl, stir together flour, protein powder, cocoa powder, baking powder, baking soda, and a couple pinches of salt. In a separate bowl, whisk together egg, milk, espresso powder, and vanilla. Add wet ingredients to dry ingredients, mix gently, and let batter rest 15 minutes.

2) Melt butter in a skillet over medium heat. Pour  $\frac{1}{4}$  cup batter for each pancake into pan and cook for 2 minutes per side. You should end up with 8 pancakes.

3) Spread 2 tsp nut butter and 1 tbsp whipped cream cheese on each pancake. Top with strawberries.

## MACROS PER SERVING

<b>368</b>	<b>20g</b>	<b>28g</b>	<b>22g</b>
CALORIES	PROTEIN	CARBS	FAT



## POWER BREAKFAST



## YOGURT AND GRANOLA

**SERVES 2**

- 1 tbsp coconut oil
- 2 tsp honey
- ½ cup rolled oats
- ¼ cup almonds or pecans, chopped
- 2 tbsp raw pumpkin seeds (pepitas)
- ½ tsp cinnamon
- Salt
- 2 tbsp dried cherries
- 2 cups plain 2% Greek yogurt

### CHEF'S TIP

If you're going gluten-free, you can either choose gluten-free oats or use nutritious quinoa flakes.

- 1) Heat coconut oil and honey in a skillet over medium heat until melted. Add rolled oats, almonds, pumpkin seeds, cinnamon, and a pinch of salt to skillet and heat until oats are toasted, about 5 minutes, stirring frequently. Stir in cherries and spread mixture on a baking sheet to cool.
- 2) Divide yogurt among serving bowls and top with granola.

### MACROS PER SERVING

**465**  
CALORIES

**29g**  
PROTEIN

**44g**  
CARBS

**21g**  
FAT

## BLUEBERRY PROTEIN SMOOTHIE BOWL

**SERVES 1**

- ¼ cup milk
- ⅓ cup plain Greek yogurt
- 1 scoop plain or vanilla protein powder
- 1 medium-size frozen banana, chopped
- ½ cup frozen blueberries
- 1 tsp fresh ginger
- ¼ tsp cinnamon
- ¼ tsp almond extract (optional)
- 2 tbsp hemp seeds (hemp hearts)
- 1 tbsp cacao nibs (optional)

1) Place milk, yogurt, protein powder, banana, blueberries, ginger, cinnamon, and almond extract in a blender and blend into a thick, smooth mixture. Add a bit more milk if needed to help with blending.

2) Place blueberry mixture in a bowl and top with hemp seeds and cacao nibs.

### MACROS PER SERVING

**382**  
CALORIES

**45g**  
PROTEIN

**44g**  
CARBS

**10g**  
FAT



### CHEF'S TIP

Using frozen fruit and a low amount of liquid helps make your smoothie deliciously thick and spoonable.





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**CHEF'S TIP**

For perfect hard-boiled eggs, place eggs in a medium-size saucepan and bring water to a boil. Once water is at a rumble, remove pan from heat and let eggs stand covered for 15 minutes. Plunk eggs in an ice-water bath and then peel.

## DAYBREAK EGG TACOS

**SERVES 2**

- 4 large hard-boiled eggs
- 1 cup canned pinto or black beans, drained and rinsed
- 1 plum (Roma) tomato, diced
- 1 small red bell pepper, chopped
- $\frac{3}{4}$  tsp paprika
- $\frac{1}{4}$  tsp sea salt
- $\frac{1}{2}$  cup reduced-fat sour cream
- $\frac{1}{2}$  avocado
- Juice of  $\frac{1}{2}$  lime
- 4 small corn tortillas, preferably warmed in the microwave
- $\frac{1}{4}$  cup chopped fresh cilantro

- 1) Place peeled eggs in a large bowl and roughly mash with a fork. Stir in pinto beans, tomato, red bell pepper, paprika, and salt.
- 2) Place sour cream, avocado, and lime juice in a blender and blend until smooth.
- 3) Divide egg mixture among tortillas and top with avocado sauce and cilantro.

**MACROS PER SERVING**

<b>518</b>	<b>25g</b>	<b>59g</b>	<b>23g</b>
CALORIES	PROTEIN	CARBS	FAT



# MAPLE BACON OATMEAL SQUARES

**SERVES 4**

- 1 cup steel-cut oats
- ½ lb Canadian-style bacon
- ½ cup oat flour
- ⅓ cup chopped walnuts
- ⅓ cup raisins
- 1 tsp cinnamon
- 2 large eggs
- ⅓ cup low-fat milk
- ¼ cup pure maple syrup

- 1) Place oats in a large bowl, cover with water, and let soak for at least 2 hours.
- 2) Cook bacon in a lightly oiled skillet over medium-low heat until beginning to brown and turn crispy. Transfer to a cutting board lined with a paper towel and let cool. Once cool, chop bacon into ½-inch pieces.
- 3) Preheat oven to 350°F. Drain oats, return to bowl, and stir in bacon, oat flour, walnuts, raisins, and cinnamon. In a separate bowl, lightly beat eggs and stir in milk and maple syrup. Add wet ingredients to dry ingredients and stir to combine.

## CHEF'S TIP

To reheat leftovers, place squares on a plate and microwave on medium power (about power level 5 out of 10) for about 5 minutes.

- 4) Place oat mixture in a greased 8-inch-square baking pan. Bake for 30 minutes, or until set. Let cool in pan for several minutes before slicing into 4 squares. **MAF**

## MACROS PER SERVING

<b>520</b>	<b>29g</b>	<b>65g</b>	<b>17g</b>
CALORIES	PROTEIN	CARBS	FAT

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# MUSCLES IN MOTION

There's muscle control, and then there's **Stephen "tWitch" Boss**, who's popped, locked, and glided his ripped physique into the spotlight as Hollywood's most in-demand dancer, and its most muscular. **BY DELFINA URE /// PHOTOGRAPHS BY DUSTIN SNIPES**

**F**reestyle hip-hop is to dance what boxing is to sports. It's physically grueling, improvisational and artistic, and most of all, exciting to watch. Right now, Stephen "tWitch" Boss is its Muhammad Ali.

Born and raised in Montgomery, AL, Boss got his start as so many other young hip-hop

dancers do—honing his craft in his room, on the street, or any other place he could blast music and move to it. But unlike the case of so many aspiring dancers, Boss saw his dogged determination pay off in the form of ever-escalating opportunities. First came Fox's hit reality TV show *So You Think You Can Dance*, where in 2008 he was the

## KETTLEBELL JUMP SQUAT

Hold the kettlebell with both hands under your chin and stand with feet shoulder-width apart and toes turned out slightly. Bend your hips back and squat until your thighs are parallel to the floor. Use the stretch reflex to explosively jump straight up as high as you can. Land softly.





Season 4 runner-up. That success turned into leading roles in *Stomp the Yard 2* and three of the *Step Up* franchise movies. More recently, Boss put his winning moves on display in *Magic Mike XXL*, where he acted alongside this issue's cover guy, Joe Manganiello.

But while it's Boss' dancing that put him in the spotlight, it's his physique that's catching the attention of filmgoers, producers, and *Muscle & Fitness* magazine alike.

"It's been a process," says the 32-year-old, "but it really started coming together when I began training for *Magic Mike XXL*."

As in competitive sports, making it in dance requires more than just fancy moves; it also takes focus, strength, and a commitment to staying in peak physical condition, all of which made serious weight training a natural transition for

Boss. "I enjoy hitting the gym, and I'm not the 'chill in the gym' type. I come in and I do what I need to do," he says. "That's something I used to talk about with Joe [Manganiello] on set. It's about efficiency. I have a 45-minute playlist. I get in there and superset. I don't really socialize in the gym."

For freestyle dancers like Boss, the focus of training is mostly on maximizing explosiveness and building core strength. "It's all about the box jumps. If I can get to the highest box it's really fun. The little boy in me loves running and jumping off of things." And much like bodybuilders who work toward sculpting their bodies into works of art, Boss executes his workouts with precision to make sure he's building the muscle for what he needs.

"I get big pretty quickly, so I have to monitor how much muscle I put

on," says the dancer, whose physically demanding rehearsals are leg workouts in themselves. His lower-body training consists of box jumps, plyometric squats, single-leg squats, and training with TRX straps. "That combined with my dance training is enough."

Lower-body strength and upper-body flexibility are key for Boss, along with

**"I'm not the 'chill in the gym' type. I come in and I do what I need to do...It's about efficiency."**

maintaining a lean, strong physique that allows him to get airborne explosively without being weighed down. "If you're trying to do a wave with your arm and you have to pass by this big ol'



### SUSPENDED JACKKNIFE

Attach a suspension trainer to a sturdy overhead object and set the foot cradles a foot or so above the floor. Get into pushup position with your feet suspended and brace your abs. Draw your knees to your chest.

rock in the middle of your chest it kind of interrupts the flow,” he says. So Boss sticks to training with high reps and very low weight so as not to overdevelop his chest. “Dynamic stretching has also made a world of difference for me because when you’re doing explosive moves like jumps, jumps out of turns, and drops, it really helps to be flexible.”

Some dance routines can be as long as 16 minutes, during which he has to jump high and land in difficult positions with seeming ease, or support his entire body weight on one hand while turning, lifting, and pulling his limbs in various directions, all in time with music. But beyond his gravity-defying dance skills, one of Boss’ greatest strengths is his commitment to eating right—a direct result of his prep for *Magic Mike XXL*.

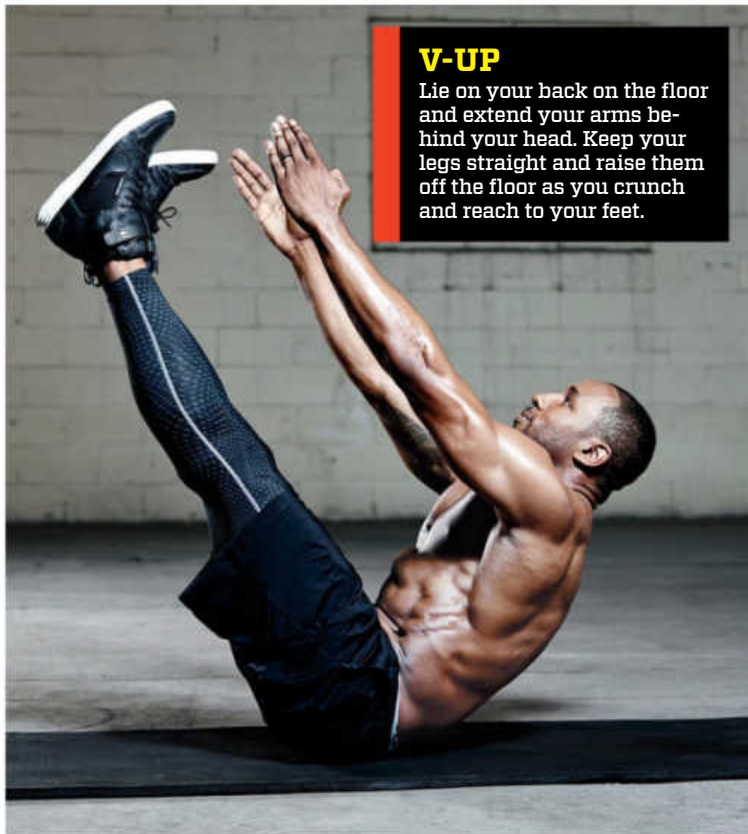
“It’s just like my focus at the gym—I come to work and I come to get down,” he says. “With eating right, my body has everything that it needs.” Finding the proper diet was the only way Boss

### KETTLEBELL SWING

Hold the bell with both hands and stand with feet shoulder-width apart. Bend your hips back to swing the weight between your legs—keep your lower back in its natural arch. Now explosively extend your hips to swing the weight up to eye level.

### V-UP

Lie on your back on the floor and extend your arms behind your head. Keep your legs straight and raise them off the floor as you crunch and reach to your feet.







could maintain his stamina and perform at his peak throughout the day when he had a rigorous schedule of cardio in the morning followed by long hours on set dancing, and then lifting at night.

"Of course I knew what they were saying about diets, about how much salt you should have, about needing to

**Boss sticks with high reps and low weight so as not to overdevelop muscles and restrict his flow.**

avoid processed carbs—I knew about it, but I still dabbled," he admits. Of course, knowing what's best doesn't make it easier to do, especially when the results aren't immediate. But with the proper mindset and determination, even the toughest routines and regimens are sustainable. "The moment that I started training for *Magic Mike* and I was strict and actually felt the difference, that's when I started to take dieting seriously."

For Boss, it took feeling the response in his body to become a true believer in the importance of eating right. "I've been looking into Paleo. I'm not fully Paleo yet, but a lot of my diet consists of lean proteins and I've cut out most carbs that are not smart carbs," Boss says. "When I would eat processed carbs in the past I would die out—or leave myself so depleted that my body would be shaking. But now my body has everything it needs."

Now that his body has adjusted to his diet, he finds that it reacts negatively to the kinds of foods that were once staples. Processed carbs, sugars, and fatty foods are a thing of the past for Boss. "I'm from the South—I have a sweet tooth built in!" he says with a laugh, as he admits to his one weakness.

Boss's greatest ah-ha moment relating to his conversion came during a trip back to his hometown in Alabama, where his newfound dietary habits were put to the test. "Trust me, I tried. I thought there was no way I could be in

**FAST TWITCH:** Try the routine below for a lean, athletic look. Note that the one-arm press is not shown. Go to [muscleandfitness.com/twitch](http://muscleandfitness.com/twitch) for a description.



## KETTLEBELL FIGURE 8

Pass the kettlebell from one hand to the next between your legs in a figure 8 pattern. Stay low and try to move fluidly. A pass on each side equals one rep.

Alabama and not have sweet tea. But my stomach took revenge on me and it was awful.”

The dancer can now rely on his body to perform at its best no matter what the circumstances, because he’s laid a strong foundation for strength and endurance through his training and dietary habits—knowledge he now passes on to Team Street on *So You*

*Think You Can Dance*. “My job is to make sure that they have the best experience possible, since I know what the stress is like between rehearsals and I know that all the things they put in their bodies are going to be key. The further you go in *So You Think You Can Dance* the more mental stamina you have to have, and you can get that from what you eat.”

As for Boss’ future projects, there are many, but regardless of whether they’re in TV, film, or onstage, the lessons he’s learned in reforming his body for *Magic Mike XXL* are ones he’ll be taking with him every step, and hop step, of the way. **MAF**

## THE TWITCH WORKOUT

EXERCISE	SETS	REPS
Kettlebell Jump Squat	3	5
One-arm Kettlebell Press	4	10–15
Kettlebell Swing	3	20
Kettlebell Figure 8	3	15
Suspended Jackknife	3	10–15
V-up	3	10–12

GROOMING BY LEAH GOEDE



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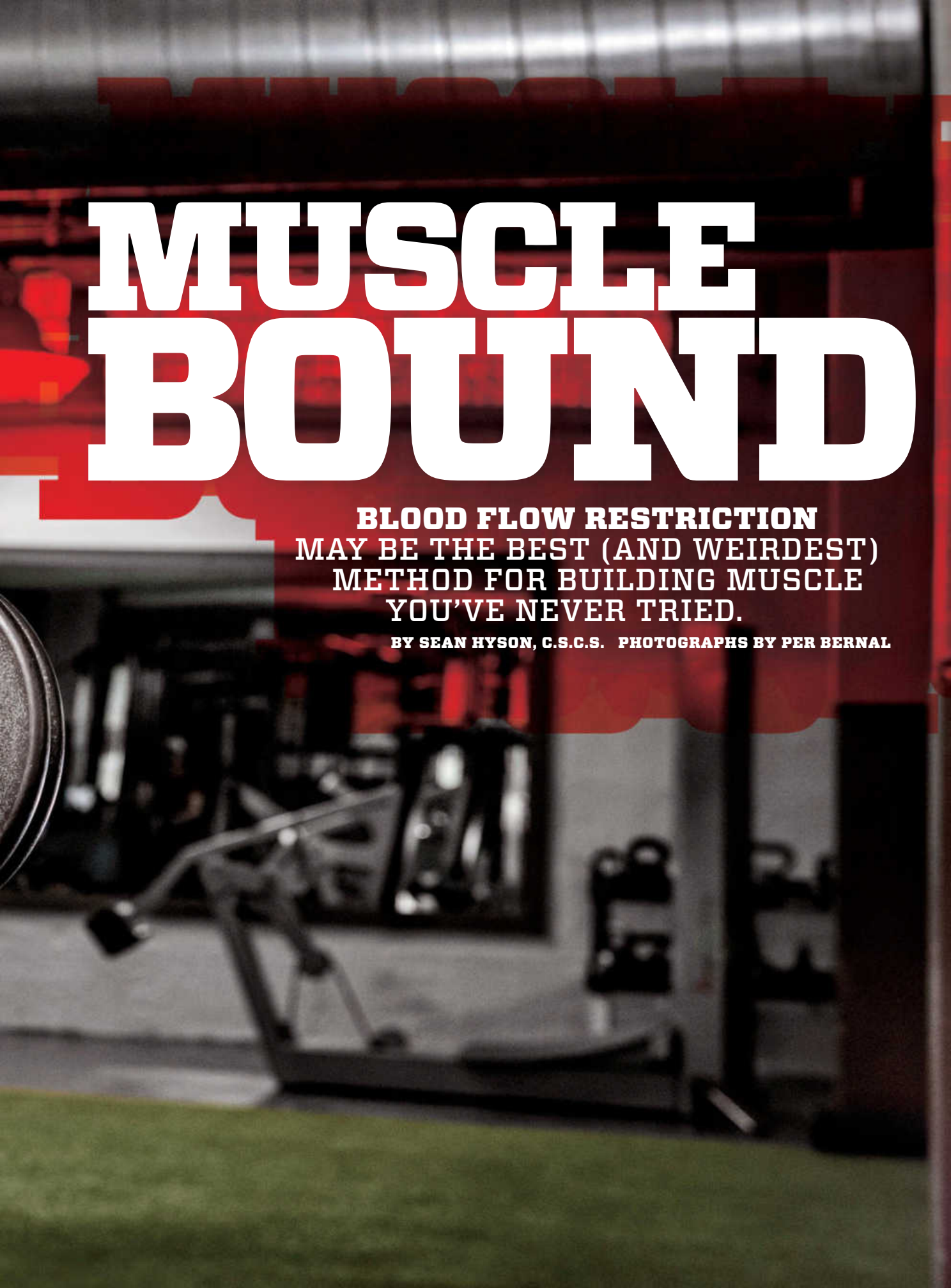
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# MUSCLE BOUND

**BLOOD FLOW RESTRICTION  
MAY BE THE BEST (AND WEIRDEST)  
METHOD FOR BUILDING MUSCLE  
YOU'VE NEVER TRIED.**

**BY SEAN HYSON, C.S.C.S. PHOTOGRAPHS BY PER BERNAL**



**S**teve Michalik, a former Mr. America, once remarked that he'd eat grease from a crankcase if it would help him build muscle. We'd never ask you to go that far, but to take your gains to the next level, you have to be willing to try approaches that are unconventional, counterintuitive, and risk making you look funny in the gym. To that end, we propose you give blood flow restriction (BFR) training a shot. It entails tightly wrapping your limbs to reduce their blood supply while repping out with light weights.

Sound scary? At least we're not asking you to eat grease from a crankcase. (And, by the way, BFR is safe and works like a charm.)

## THE POWER OF THE PUMP

Blood flow restriction training is a technique born in rehab clinics and has been used for decades. Olympic medalist skier Bode Miller even credited it in 2014 for helping him recover from a lower-back injury. It works like this: wrap a band or cuff—elastic knee or wrist wraps are great—around the upper arms or upper legs. Then perform several high-rep sets of a given exercise using light weights and short rest periods.

The wraps restrict blood flow to the extremities, reducing the amount that can be returned to the heart. As a result, more blood is trapped in the working muscles and they swell up—think: the best pump you've ever had. While the exact science behind BFR's effectiveness isn't clear, its leading researcher, Jeremy Loenneke, Ph.D., assistant professor of exercise science at the University of Mississippi, thinks there are many factors at work. "It appears that cell swelling [the pump], metabolic accumulation [a buildup of organic compounds that contribute to chemical reactions], and mechanical tension are playing a large role," says Loenneke.

What is clear, however, is that blood flow restriction training works well. So well, in fact, it seems crazy not to try it. This year, a study in the *Scandinavian Journal of Medicine and Science in Sports* found that subjects who followed a BFR lifting regimen for six weeks made muscle gains similar to a control group that followed a traditional workout protocol—but the BFR group increased strength by 10% versus 7% for the control, even though it used lighter weights. Meanwhile, a review in the *Journal of Sports Medicine and Physical Fitness* found that BFR training produces a range of metabolic and hormonal effects, many of which are associated with muscle growth, including elevations of growth hormone.



**"It usually requires two to three trials in order to find the sweet spot that achieves occlusion but isn't too painful or distracting,"**  
**SAYS CONTRERAS.**

Incredibly, BFR seems to spark gains even without the addition of weight training. Loenneke says, "There's evidence that applying BFR and walking slowly may result in small but meaningful increases in muscle size and strength."

But is it safe? Will your arms turn blue and fall asleep while you're pressing a weight over your face? Not to worry, says Loenneke. "The BFR stimulus is very [short term]—minutes, not hours. When we compare it with traditional resistance training, it appears just as

safe, if not safer." However, if you have a vascular disease or disorder, it's probably best to leave matters of blood flow to your doctor.

### **TIE ONE ON**

BFR training can be done with the squat, bench press, leg press, leg extension, leg curl, triceps pressdown, and various biceps curls. Pick up some wraps at [elitefts.com](http://elitefts.com) or [roguefitness.com](http://roguefitness.com) and tie them on just under the shoulder or the crease of the hips, depending on which area of the body you're training. (If you don't have a partner to help you, wrapping your arms can be tricky. Pin one end of the wrap between your arm and your side, just below your armpit, then wind it around from there. Use your thumb to hold it in place while you make the next winding and tighten.)

Wrap tightly but don't try to

mummify yourself. Now choose a light weight, about 30% of your max, and do one set of 30 reps. Rest 30–60 seconds and perform three more sets of 15 reps (resting the same time between each one). You'll know if you wrapped too tightly, or chose too heavy a load, if you can't complete the reps or get close.

If you're an iron veteran with the joint pain to show for it, BFR training will come as a blessing. Because it doesn't require heavy lifting, it won't aggravate any injuries. It can also provide the variety your workouts need to be more productive. To make the most of BFR, we recommend using it at the end of a normal workout, after heavier training is done. Follow the sample program here, courtesy of strength coach Bret Contreras, C.S.C.S. ([bretcontreras.com](http://bretcontreras.com)), for a guide on using BFR for fast muscle gains.

## **BFR TRAINING PLAN**

### **TRAP IN THE GAINS WITH BFR**

Perform each workout once per week. Exercises done with blood flow restriction are paired and marked "BFR." These are done as supersets and performed as follows: apply the wraps and do one set of 30 reps, then three sets of 15 reps. Use approximately 30% of your max weight for each set. For example, on Day 1, you'll do a set of 30 reps on the lean-away leg extension, and then immediately do a set of the leg curl. Rest up to 30 seconds and repeat for sets of 15 reps.

Do not remove the wraps until all four BFR sets are complete.



### **BARBELL HIP THRUST**

Keep your core braced so your lower back doesn't overextend. If it's uncomfortable to hold the bar on your lap, wrap a towel around it (see the description on page 132).

## DAY 1

EXERCISE	SETS	REPS
Front Squat	4	5
Good Morning	3	6
Barbell Hip Thrust*	3	8
BFR Lean-away Leg Extension**	4	See BFR Training Plan
SUPERSET WITH		
BFR Lying Leg Curl	4	See BFR Plan

\*Rest your upper back on a bench and sit on the floor perpendicular to it. Roll a loaded barbell into your lap and plant your feet close to your body with knees bent. Brace your abs and extend your hips by driving your heels into the floor.

\*\*Set the back rest of a leg extension machine farther back than you need so you can lean back 30 degrees or so when you perform the extension.

## DAY 2

EXERCISE	SETS	REPS
Close-grip Bench Press	4	5
Weighted Chinup	3	3
Lateral Raise	3	12
BFR Dumbbell Curl	4	See BFR Plan
SUPERSET WITH		
BFR Rope Triceps Pressdown	4	See BFR Plan

## GOOD MORNING

Set up as you would to do a back squat. Bend your hips back as far as you can and lower your torso as far as you can without losing the arch in your lower back. Squeeze your glutes to come back up, pushing through your heels on the ascent.



## FRONT SQUAT

Hold the bar on the front of your shoulders and squat as low as you can. As long as you keep your elbows pointing forward you'll be able to balance the bar.





## BFR SEATED LEG EXTENSION

Be conservative on your weight selection. The tightness of the wraps will bring fatigue more quickly.



### DAY 3

EXERCISE	SETS	REPS
Squat	4	8
Deadlift	3	4
Reverse Lunge	2	8
BFR Leg Extension	4	See BFR Training Plan
SUPERSET WITH		
BFR Seated Leg Curl	4	See BFR Plan



## DEADLIFT

Stand with feet inside shoulder width and grasp the bar just outside your knees. Keep your lower back in its natural arch as you extend your hips.



## BFR DUMBBELL CURL

Tie the wrap high around your upper arm and perform a normal dumbbell curl, squeezing your biceps hard in the peak position.





## DAY 4

EXERCISE	SETS	REPS
Incline Bench Press	4	8
Chest-supported Row*	3	10
Cable Lateral Raise	3	8
BFR EZ-bar Curl	4	See BFR Plan
<b>SUPERSET WITH</b>		
BFR V-Bar Triceps Pressdown	4	See BFR Plan

\*Set an adjustable bench at a 45- to 60-degree angle and lie on it chestdown. Row dumbbells to your sides.

### BFR V-BAR TRICEPS PRESSDOWN

Move your elbows back as you lower the weight and let them drift forward to lift.

### INCLINE BENCH PRESS

Set the bench to a 30-to 45-degree angle. Lower the bar to the upper third of your chest and keep your forearms vertical. **MRF**



## THE STRAIGHT UP SERIES

# SCULPT TRICEPS

Trouble filling out your T-shirts? Add some beef to your arms with this punishing triceps routine.

BY JOE WUEBBEN  
PHOTOGRAPHS BY  
PER BERNAL







**SEATED  
DUMBBELL  
OVERHEAD  
EXTENSION**

You can go pretty heavy on these, but always make sure to establish a strong mind-muscle connection with your triceps to make each rep count.

### ONE OF THE MANY TRENDS

in fitness these days is for every workout to have a clearly stated “functional” purpose. For example, Monday is lower-body pure strength and core stability, Tuesday is upper-body pull and gymnastics skill work, and so on. Fine. Even though we historically set trends at *M&F*, we’ll play along and follow one for a change.

Today, the objectives are upper-body push strength, triceps hypertrophy, and carving out a badass pair of horse-shoes. Clear enough? How about functional? Those who say no have probably never had a decent set of triceps. This workout will get you headed in that direction with classic no-nonsense exercises and an equitable blend of heavy weight/low reps and light weight/high reps, plus intensity-boosting dropsets and rest-pauses that will leave your triceps with no option but to grow.



### CABLE PUSHDOWN

Keep the elbows in tight here and your technique strict. With rep counts at eight, the weight should be fairly heavy. But if you’re not able to reach full

elbow extension (lockout) on each rep, lighten the weight a bit. Squeeze the peak contraction for one second at the bottom of the movement.



# TOMORROW I'LL TRAIN EVEN **HARDER.**



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### BENCH DIP

A slight flaring of the elbows is OK here, since you're looking to achieve a high volume of reps. That said, keep your mental focus on your triceps to ensure a high degree of isolation.



### CLOSE-GRIP BENCH PRESS

Don't go too light on these; try and hit six reps at failure on every set. The strength you gain on this compound

movement will promote triceps growth and carry over to all the pressing exercises you do for chest and shoulders.

## THE WORKOUT TRICEPS

EXERCISE	SETS	REPS	REST
Close-grip Bench Press	4	6	2 min.
Bench Dip Straight Set/ Dropset/ Rest-pause	3	See below*	2 min.
Overhead Extension	3	8	1-2 min.
Cable Pushdown	2	15-20	1-2 min.

**\*1st set (straight set):** With two weight plates on your lap, do as many reps as possible (to failure).

**2nd set (dropset):** Go to failure with two plates on your lap, then immediately take one plate off and rep out to failure again. Do one more dropset by taking the other plate off your lap and repping to failure.

**3rd set (rest-pause):** Using body weight only, rep out to failure, then rest 10 to 20 seconds and go to failure again. Rest 10 to 20 seconds, and rep out to failure one last time. **MRF**



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# SUPPS

THIS MONTH IN SUPPLEMENT NEWS



## Test Boosters

Train hard, eat clean, and take the right supplements  
to keep T levels high. **BY RAZVAN RADU**

PAVEL YTHJALL

**GIVE YOUR BODY A BOOST** ►

## TESTOSTERONE'S IMPORTANCE

to the male body can't be overstated if you want to keep your sex and gym lives healthy. The hormone plays a key role in both building lean muscle mass and

maintaining a healthy reproductive system. Take a look at this compilation of proven test-boosting ingredients to see how they can help you keep your test levels in top shape.



## INGREDIENTS

	FENUGREEK EXTRACT	CAESALPINIA BENTHAMIANA	D-ASPARTIC ACID	TRIBULUS	ZINC
	Studies show fenugreek extract boosts testosterone levels through its high saponin content. Saponins are chemical compounds that have been shown to boost bioavailable testosterone.	This is an African tropical plant extract known for its ability to increase T and sex drive. The plant extract works by elevating both libido and nitric oxide production in the body.	The amino acid functions by inducing luteinizing hormone secretion in the brain. This function is key in stimulating both testosterone and protein synthesis, keeping T high, and helping your body stay in an anabolic state.	Tribulus is thought to boost T through two methods: through high saponin content and by increasing luteinizing hormone. A 2012 study found that tribulus improved libido and fatigue, plus increased testosterone by 16%.	The essential mineral supports healthy testosterone levels and is also crucial for healthy eyesight and maintenance of an overall healthy body. Getting at least the minimum recommended dose helps keep T levels optimal.
SUPPLEMENTS	APS Tribulus 1500			X	
	BPI Sports A-HD Elite	X			X
	EPIQ Quad Test			X	X
	Novex Biotech TestroVax	X	X		
	Performix Super T	X		X	X
	ProSupps Fenumass	X			X





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in their formulations



# Real Powerful

**MESOMORPH V2.0** is a pre-workout that's much more than a stimulant.

BY RAZVAN RADU

## AFTER A LONG DAY AT

work, how many times have you reached for your pre-workout, taken a scoop, or even two, only to get to the gym and feel absolutely nothing? No energy, no pump.

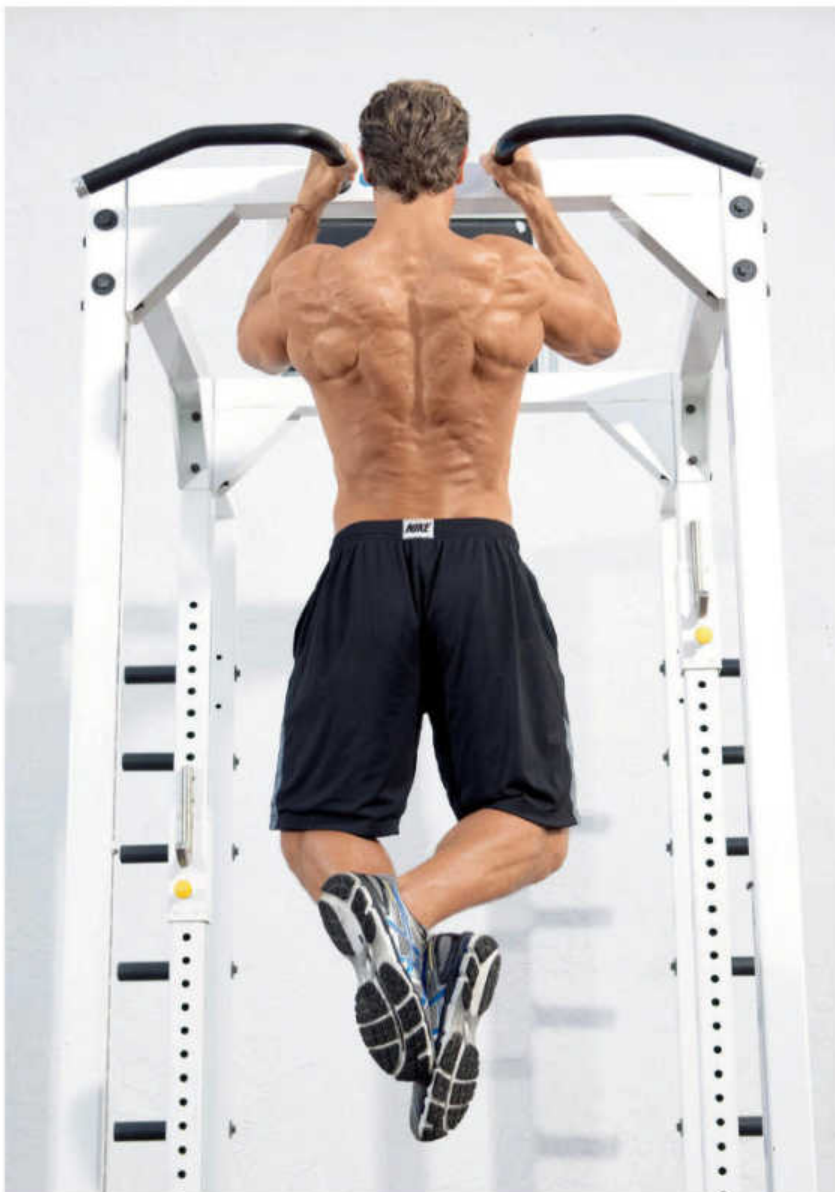
The culprit of decreased sensitivity to pre-workouts is often the fact that many pre-workouts depend on stimulants the body can easily adapt to. Look no further than the average coffee drinker; after a while, the caffeine doesn't invigorate, it merely helps the coffee drinker feel normal.

You want to look past stimulants for ingredients to increase strength and blood flow, and Mesomorph V2.0 delivers.

Mesomorph V2.0, from APS Nutrition, starts off with beta-alanine, a carnosine-boosting amino acid. Beta-alanine is proven to significantly increase carnosine, which allows for a delayed fatigue response and a quicker recovery. Next in line are the pump inducers L-citrulline and L-arginine AKG. These two amino acids increase nitric oxide and blood flow, delivering an excess of nutrients to muscles and allowing you to achieve much quicker growth and recovery.

The cell volumizer matrix includes taurine and creatine. Creatine has been shown to increase muscle mass, strength, and overall energy through elevated ATP levels, while taurine aids in both pump and allowing quicker recovery.

And yes, Mesomorph V2.0 also delivers a stimulant kick through caffeine and theobromine, a compound found in cocoa beans that also helps dilate blood vessels.



## MESOMORPH V2.0 APS NUTRITION

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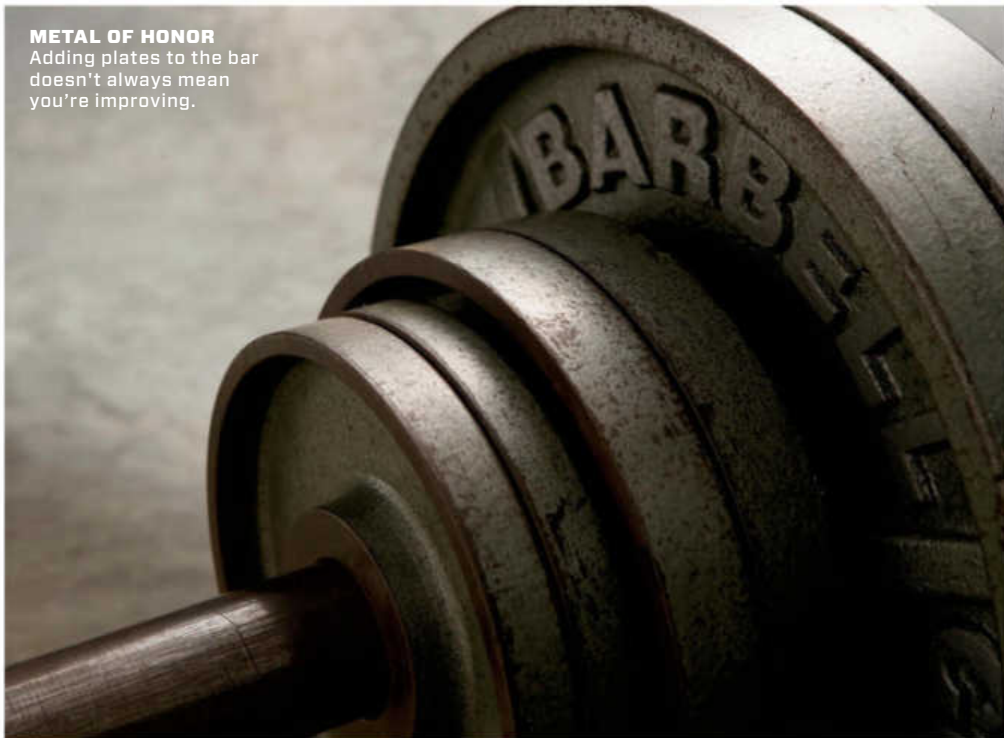




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## METAL OF HONOR

Adding plates to the bar doesn't always mean you're improving.



# The Ultimate Goal

Finding the true answer can be backbreaking. **BY SEAN HYSON**

**THERE WAS A TIME** when I thought pretty much all of life's problems could be solved by deadlifts. Stressed out at work? Squeeze the life out of that bar. Girl trouble? Hit a PR tonight; that'll show her. Strength and improvement, particularly on that one exercise, were central to my identity, and whichever direction my deadlift was going almost single-handedly determined how I felt about the direction in my life, too.

The relentless pursuit of gains had an unexpected result: losses. I hurt my back, and I finally had to confront a hard question:

What do you do when the solution becomes the problem?

My blanket answer for everything, my go-to fixer-upper, and the one thing in my life I'd come to rely on was suddenly not only the wrong response but the absolute worst thing I could do. Naturally, I reacted with panic and despair, but eventually, I found my way to common sense.

Your strength, physique, and health cannot be defined by one quality or weighed via a single metric. If you can't deadlift 500 pounds but you can do 405 on a hip thrust, I

don't think anyone can call you a wuss bag. If your abs aren't as sharp this summer as they were last, but you feel better than you ever have, what are you really missing out on?

Nowadays, I do back-friendlier deadlift variations and chase PRs a little more cautiously. And I recognize that gains on a lift are just numbers, after all, and not necessarily indicative of real growth.

Self-improvement is the goal.

## SEAN HYSON

is M&F's training director. Follow him on Twitter: @seanhyson



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**WATCH** You can catch *From Dusk Till Dawn: The Series* on the El Rey Network; *Minority Report* debuts on Fox this fall.

# Rebooted

**WILMER VALDERRAMA** built muscle and leaned out for Season 2 of *From Dusk Till Dawn: The Series*.

BY ZACK ZEIGLER

**How much time did you have to bulk up before you filmed Season 2?**

A couple of months. Ronny Camacho is a personal trainer and one of my best

friends. I told him that I wanted to do something epic, and he said, "I'm ready when you are." After I made the decision, it was time to see how far I could take it.

**Are you surprised at what you were able to accomplish in that time frame?**

Never in my life did I think someone would ask, "How much you bench, bro?" But it's cool to get noticed for hard work.

**How were your workouts structured?**

I'd work out at 6 a.m. and then again at the end of the day. We'd do one or two body-part exercises, then an abs exercise, and then a minute of cardio. I'd do that four times through.

**Do you think the added muscle mass**

**helped you land a role in the *Minority Report* TV series?**

That opportunity came about while my body was evolving...and I feel like the producers looked at me as though I really could lead a squadron. That came from my transformation.

**The experience seems to have had more than a physical impact on you.**

My spirit has improved, and not to get too cheesy, but I feel like this change has balanced and centered who I am as a person and a businessman. When I started working out and embracing that time in the gym, it inspired me to think about the big picture.

**And what is the big picture?**

As an actor, I'd like to continue creating great characters people would never expect me to play. As an activist, I'd like to keep working with President Obama on immigration reform and supporting minority rights. Basically, I want to be remembered for being fucking awesome at everything I decide to do.

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